**Resistance Worksheet**

This is a worksheet that will help you prepare for a Media Fast

Please read the instructions and fill out the worksheet and read it to your sponsor

(This worksheet can be used for any goal you have resistance towards achieving)

**Instructions:**

1. Read through the whole worksheet before answering the questions. If after reading the worksheet you feel you understand how to proceed, you don't need to use these instructions. If however, the worksheet is difficult to understand, use these instructions to help you fill it out.
2. Trust yourself to get through it, even if you don't completely understand it right away.
3. Write your goal and date first.
4. Answer #1 with your all your heart. See the vision of you reaching the goal and see why you want to reach it.
5. With #2, take a moment to go into the place you have fear and resistance around this goal. Be honest with yourself. Why don't you want to do this goal? If you really wanted to achieve this goal you would have already achieved it. Something in you really doesn't want it. Take some time to see why you don't. Let that part of you do the talking.
6. Now that you have a better understanding what your resistance is, refine that in one short simple sentence; the simpler the better. Write that into #3. Example: "If I don't use media I will not be able to handle my feelings."
7. Questions 4-6 is like a meditation. Get quiet. We are going inside ourselves and really listening. We go in without any motives other than to find truth.
8. When you write the sentence for #7, try to keep the turn around as close to the original resistance statement as possible. Look for the opposite of the resistance words. (Example: I *will not*, changes to *I will.* *Lose* changes to *gain*. *Lost* changes to *found*. *Can't* changes to *can*, and so forth. The sentence above could be revised two ways: If I don't use media I **will** be able to handle my feelings or If I **do** use media I will not be able to handle my feelings.)
9. When you give examples to the new statement, really look for them. This may be a place your sponsor or action partner can help you see something you don't. We really want to look closely so that we can see if our resistance is true. We are looking for truth and freedom to move beyond our fears.

Example:

RESISTANCE: "If I don't use media I will not be able to handle my feelings."

TURN AROUND "If I don't use media I will be able to handle my feelings."

* + - 1. When I have felt uncomfortable before and didn't turn to media, I did handle it, I did get through it.
      2. Using media is not helping me handle my feelings at all, they still come up so it is a lie that media is handling them.
      3. Sometimes using media makes me have more feelings of anger, self-doubt, or fear.
      4. By not using media, I reach out to other people more and that has helped me get through feelings.

1. 9-10 are about being realistic with ourselves. Everything has a price. If we want to change, it will come with a price. So here is where we decide on what we will pay to achieve this goal. At the same time, our goal will also bring benefits and we want to at once let ourselves really have those benefits. We look at what we will now allow into our lives, the benefits we will get when we work towards this goal.
2. Here we are pointing out what has been standing in our way. What has been our liabilities that have kept us away from achieving this goal. It could be self-pity, fear, defiance, defensiveness, mistrust, etc. Be honest with the things that you have put in your way as obstacles for achieving your goal. Let them see the light of day.
3. We all have liabilities, but we all have assets too. You may have noticed in this worksheet that we are looking at opposites. So now let’s look at the opposite of each of your liabilities and find an asset that you can incorporate and work towards. For instance if I put *self-pity,* I could work towards *self-compassion*, *fear*, work towards *faith*, *defensiveness*, work towards *openness*, and so forth. If you need help with these, ask your sponsor to help you*.*
4. By the time you are finished with this worksheet it will be easier to see what you are up against, what assets you need to incorporate to achieve this goal and hopefully your resistance to taking this fast (or whatever goal you listed) will have become much less.
5. Trust yourself and your answers. This is a personal exercise and your inner wisdom will help you see the truth.

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**Resistance Worksheet\***

Goal: (One month media fast)

Start Date:

End Date:

1. Why do I want this goal? (Why am I making this goal? What will I gain? How do I expect to benefit from achieving this goal?)
2. Why don't I want this goal? (If you think you have no resistance, look deeper.) (How will I benefit from hanging on to my current media use? What do I think I will lose if I go on a media fast?)
3. Write one short sentence, what is my resistance? What is it I am afraid of or what is it that keeps me from enthusiastically committing to my month of media fasting. (Example: I will NOT be able to handle my feelings if I don't use my media.)

4. \*Can you absolutely know that your statement in #3 is true? (This is a yes or no question only) (Can you absolutely know that your answer to question #3 will come to pass? Can you say with 100% certainty that your fears will come true?)

5. What are your reactions when you believe this thought in #3? (What feelings come to mind and what reactions do you experience when you believe that your answer to question #3 is true?)

6. Who would you be and how would you live without this thought? (How would you describe yourself and your life if you did not have these reactions in #5? If you did not have these thoughts?)

7. Turn this thought around to the exact opposite. (Example: I WILL be able to handle my feeling if I don't use.) (Turn around the answer to question #3 and make a sentence of the exact opposite.)

8. Give 3 examples where this opposite statement in #7 is just as true as your original statement in #3.

1.

2.

3.

9. What are you willing to give up to reach this goal of a one-month media fast? (What are you willing to give up, to put down, or to sacrifice to be successful with your media fast?)

10. What are you willing to receive to obtain this goal? (What are you willing to receive, to accept or to experience to be successful with your media fast?)

11. What are your liabilities that you need to address? (What are your character defects or weaknesses that would hinder you from reaching your goal of completing a media fast?)

12. What are the assets you will activate to accomplish your goal? (What strengths and character traits can you draw from to help you reach your goal of completing a media fast?)

\*These questions and turn arounds were inspired by the work of Byron Katie and other stoic philosophers.