TransZen Your Life Course

We all encounter resistance, and often, because it is unconscious, we may not even realize there is a block. This exercise helps you identify what is holding you back, allowing us to address and shift these blocks as we move into the upcoming change patterns.

1. Without judgement, please describe the resistance or objection that has come up. It is an internal feeling or an external circumstance that is blocking you?
   Take a moment to reflect on what is holding you back or causing hesitation. Describe it in as much detail as possible.

2. What is the main emotion associated with the situation?
   Identify the primary feeling that arises when you think about this obstacle. Is it fear, anger, anxiety, sadness, despair, frustration, or something else?

3. Take a moment to write down how that makes or made you feel. Please write down in the "I" form.
   For example I felt sad, I'm angry, I have anxiety when....

4. Scan your body and note any areas where you feel sensations or discomfort
   Observe any physical reactions in your body. Do you notice tension, tightness, stiffness, or any discomfort? If so, where in your body do you feel these sensations?

5. What thoughts are running through your mind? Are they negative or limiting?
   When you pay attention to your self-talk, what do you hear? For example, do you hear thoughts like "I can't do this," "It's too hard," or "I'm not good enough"?

7. Without judging yourself, on a scale below how aware of your feelings, emotions and physical sensation in your body when you think about the block.

   ☐ *Clearly Aware*   ☐ *Some What Aware*   ☐ *Not Aware*   ☐ *Does Not Apply*

8. Summarize the resistance or objection in one sentence.

9. Write the antonym of the resistance or objection you identified above.
   For example, the antonym of feeling sad is feeling happy, or the antonym of feeling anxious is feeling calm or at peace. To find potential antonyms, you can use WordHippo.

Is there any other relevant information that was not covered in the questions above, please add here.