

Recognizing Avoidance, Dread, and Shame-Based Resistance

Avoidance isn't laziness—it's often a protective mechanism.

This section helps you recognize the emotional roots of resistance, like dread, fear of failure, internalized shame, or past experiences of overwhelm. Once you can name what's underneath the freeze, you can choose a softer way forward.

What's Blocking Me from Starting?

When you understand what's stopping you, you can stop blaming yourself—and start building the bridge forward.

Common Initiation Blockers

Most initiation struggles fall into a few key categories.

Circle or highlight any that sound familiar. Add your own if needed.

Emotional Blockers

- ☐ Fear of failure
- ☐ Shame about not doing it already
- ☐ Guilt about letting someone down
- ☐ Perfectionism (won't start unless I know it will be perfect)
- ☐ Feeling overwhelmed by the emotional weight of the task

Cognitive Blockers

- ☐ Don't know where to start
- ☐ The steps feel unclear or out of order
- ☐ I'm afraid I'll forget something important
- ☐ It's hard to hold the task in my head
- ☐ I've told myself this task is huge—even if it's small

Sensory or Environmental Blockers

- ☐ My environment feels too loud, bright, cluttered, or uncomfortable
- ☐ I'm physically tired, hungry, or overstimulated
- ☐ I don't have the right tools or setup
- ☐ The task involves textures, sounds, or tasks that are aversive to me

Looping & Freeze

- ☐ I keep thinking about it but never begin
- ☐ I can't stop avoiding it by doing other things
- ☐ I'm scrolling, zoning out, or spiraling about it
- ☐ I start, then stop again before finishing

Add your own blockers:
