

Worksheet: *What Is My Resistance Protecting Me From?*

Resistance isn't sabotage. It's protection.

When you look beneath avoidance, you often find a younger, more tender part of you trying to keep you safe.

This worksheet helps you explore the protective function of resistance—so you can stop pushing through it, and start responding with understanding.

Step 1: Identify the Task or Pattern

Choose one task, situation, or pattern where you're feeling stuck.

What am I resisting right now?

Step 2: Explore the Emotion Beneath the Resistance

Check all that apply—or add your own.

When I think about doing this, I feel...

- ☐ Anxious or afraid
- ☐ Like I'll fail or do it wrong
- ☐ Judged or evaluated
- ☐ Like it will never be enough
- ☐ Exhausted before I even begin
- ☐ Like I'm risking disappointment
- ☐ Ashamed for not doing it sooner
- ☐ Like I'll lose momentum again
- ☐ Frozen, disconnected, or numb
- ☐ Other:

Step 3: What Might This Resistance Be Trying to Protect Me From?

Complete the sentence starters below to uncover the protective logic.

- If I don't do this, I might avoid...
 - ☐ being judged
 - ☐ feeling like a failure
 - ☐ pushing myself too hard
 - ☐ feeling out of control
 - ☐ disappointing someone (or myself)
 - ☐ something painful from the past repeating
 - ☐
- A part of me is afraid that if I try...
 - ☐ I won't succeed
 - ☐ I'll prove I'm not capable
 - ☐ I'll feel overwhelmed again
 - ☐ I'll let people down
 - ☐ It'll be too much
 - ☐ Nothing will change anyway
 - ☐

Step 4: Reframing the Narrative

Speak gently to the part of you that's resisting.

Write a compassionate response, like you're talking to someone you care about.

Dear part of me that's resisting...

- ☐ I see you're trying to protect me from...
- ☐ I know you're not trying to ruin things—you're scared I'll get hurt.
- ☐ I want you to know...
- ☐ We can start small. We don't have to do it perfectly.
- ☐ I've got us. I'm listening.

Step 5: What Would Feel Safer?

Now that you see the resistance as protection, how can you *honor* it while still taking a small step forward?

Choose one or more:

- ☐ Ask for help or accountability
- ☐ Use a micro-start (2 minutes or less)
- ☐ Do it in a cozy / safe space
- ☐ Journal, stim, or ground first
- ☐ Give yourself permission to do it poorly
- ☐ Visualize a safe outcome
- ☐ Let someone know you're trying

My next step (if I feel ready):

☐

Closing Thought

Your resistance is not the enemy. It's a message.

You don't have to fight it—you can listen, thank it, and choose a path forward that's rooted in safety, not shame.