Outsmart Resistance to Change Mini-Course

Day-3

Welcome to day three of the outsmart resistance to change mini-course!

Today we're talking about the signs that the subconscious mind is resisting change. Remember that the conscious mind is about 5% of your mind power and the subconscious mind is about 95%. It runs your body and when we feel things in our body, that's your subconscious mind talking. The subconscious doesn't know how old we are, so we can have patterning and conditioning from before the age of seven, which is still running our habits, our patterns, and our behavior.

Recall that the subconscious mind isn't going to change easily because it's been programmed for safety and survival. This is also known as "keeping everything the same". The subconscious mind is saying, "If we've been programmed with what we've got right now, and we haven't died yet, then it's working. So, keep it exactly where it is right now because if we change something, we could die!" The fact is that anything that's outside the programming is a threat to the program itself, even if it's better for you in the long run.

Let's talk about these three ideas around resistance to change.

Imagine you're helping someone initiate a change...

Have you ever had someone argue with you about it? They start to make you, the program, the exercise, or whatever you're doing wrong? You probably already know that trying to rationalize with them or convince them that your right isn't going to work very well.

Have you ever had somebody just ghost you? All of a sudden, they just don't show up and they're not returning your calls? You find yourself chasing them with emails and trying to track them down.

Have you ever worked with someone to initiate their change and they just shut down? They're confused, and they don't have the energy to do the thing that we're asking them to do? It's kind of like their lights are on, but nobody's home? You've probably tried to drag them along, but how has that worked for you?

Do these three things remind you of anything?

All three are tell-tale signs of a stress response. Fight, Flight, and Freeze.

If the subconscious mind perceives change as a threat, then it makes sense that there will be a stress response, however many times when we're trying to help somebody change and don't understand that it's stress, we may not have a lot of compassion. Reflexively we may try to push them too far or don't understand why they're "making excuses".

It's really a physiologic stress response that's popping up. And here's the thing, when someone's in fight, and we try to convince them or rationalize, it doesn't work because we're feeding the stress response. Believe it or not, the subconscious mind is saying, “Good, I’ve got you arguing with me which means I’m right.”

If they're running away and we're chasing them, they will just run faster because they're in flight.

And what if they freeze and shut down? Have you ever tried to pull somebody out of that and they just like fall right back down, pulling you down with them?

When we're helping someone initiate change and they go into that stress response, arguing with them doesn't help, rationalizing doesn't help, chasing them doesn't work, and trying to pick them up and drag them along isn’t sustainable.

If you want to learn how to outsmart the stress response and this resistance to change, that's great, because that's what we're going to talk about in tomorrow's lesson.

See you then!