

Outsmart Resistance to Change Mini-Course

Day-4

Welcome to day four of the outsmart resistance to change mini-course.

We're so excited that you've made it this far. We know that, like us, you are deeply committed to people's transformations and helping them to live better lives, which is why you're learning along with us.

We've been talking about how when people want to make a change, they can see you, themselves, or the circumstances as a threat, and that threat is perceived in the subconscious mind. When the subconscious is threatened, people experience a stress response in the form of fight, flight, or freeze.

If you look around the world right now and notice how common this is, you might be thinking, "Everybody seems like they're stressed right now. Does that mean everyone is resisting change?"

YES!

Think about all the change that's going on. There're changes in our personal lives, our professional lives, in our society, and our communities. There is a lot of change going on right now and when resistance occurs

we're being asked to adapt in some way. Very likely, those adaptations are better for us in the long run as it means we'll be healthier, happier as time goes by. But remember that the subconscious doesn't know how old you are, and if the threat is in the NOW, then that stress response will occur, and we'll see those three things; fight, flight, and freeze.

So, if the person's conscious mind is on board with the change, it's the subconscious mind that we need to speak to.

The secret is that we need to develop a deep trust with the subconscious mind so that we're seen as an ally rather than a threat. Trying to ally with the conscious mind looks like convincing someone or giving them a top 10 list of reasons why they should change. It's a recipe for disaster and potentially a long-term trust breach. How do we develop deep trust with the subconscious mind?

That's exactly what we're going to talk about tomorrow. So, join us there!