

# Outsmart Resistance to Change Mini-Course

## Day-2

Welcome to day two of the Outsmart Resistance to Change Mini-Course.

Yesterday we talked about change. Whether we're consciously initiating it internally or change seems to be thrown at us from the outside, when we have difficulty adapting to it our subconscious mind is involved. So, let's talk about one of my favorite topics, how the subconscious mind is programmed!

Between the ages of 0-7, our subconscious mind is programmed similar to a computer chip. From 0-7, we're just soaking up everything around us. What's happening in our family, our society, our friends' lives, and whatever we're taking in we're learning from it at a very rapid clip. Now, millions and millions of years ago the human lifespan averaged in the mid-'20s and at most 35 years, which doesn't leave much time for things like retirement or "finding" ourselves. We needed to live long enough to procreate so that our species could continue.

In order to increase our chance for survival in a hostile world we had to learn very quickly such that between the ages of 0-7, we learned everything we needed to know to simply not die when we became older children and adults. Programming this vital learning early into the subconscious is how evolution guaranteed we would never forget it, and

pick up a poisonous snake by accident or eat the wrong plant even years after being programmed. Even though we no longer live in caves or roam the savannah, our subconscious mind is still programmed the same way.

Fast forward to today, you could be working with a 57-year-old client who says that they want to change their lives but they just can't seem to get themselves to do it. Well, maybe their 3-year old subconscious mind is the one really running the show because the subconscious mind doesn't know how old we are!

Just a little side tip, unless you know that client well you probably don't want to call them out by saying, "Hey, by the way, this is your three-year-old mind talking right now!" That could end in disaster. We're going to help you find a better way to do that in the mini-course as we continue.

We mentioned that your subconscious mind doesn't know how old you are. Our conscious mind is what has created the construct of time, so people that are in resistance to change don't even realize that their subconscious mind is what is doing the resisting. They don't realize that it's a survival program stopping the change from happening

Here's the crazy thing. Even if in our conscious mind we know, the thing that we want to change will help us live longer and better, we'll still resist it! Think about quitting smoking and how difficult that is for people. Because if the subconscious mind is controlling our whole system and our subconscious mind believes that not quitting smoking today is better than quitting smoking in the long run, we won't change it.

It's like the person we were talking about yesterday who says they want to work with you, but they just can't get themselves to sign up. Or the person who told you they want certain goals, but then when you're working with them, they can't get themselves to meet them. And this is super tricky because how do you tell the difference if the resistance is coming from their conscious or subconscious mind?

Well, you're in luck, because tomorrow we're going to talk about the three different ways that the subconscious resists change. Don't miss it!