



**HAVASS**  
Academy & Coaching

## DAY 8

As we move towards the goal, we will talk about the only crossroad that separates those who achieve and those who do not:

### **Resistance!**

You decided to work but you suddenly got sleepy, you decided to tidy the house which you haven't tidied for months, and you remember that you need to call the friend you haven't called for days... Let me introduce; that's the resistance which makes you do that. Resistance is the only force that causes the desserts that come to your mind while dieting. When you make a new decision, want to move into a new reality, at the beginning of the road or later on, we will encounter the resistance. Our ego is resistant to change, resistant to transformation, resistant to being someone new.

### **So why? Are we crazy?**

No we are not. We all have a part called ego, and this piece is very afraid of the unordinary! It fights with all its might to make sure that you do not leave your familiar and safe zone!

### **Why is it doing this? Is our ego also our enemy? Who is this ego?**

The ego is not your enemy, it cannot be because your ego is a part of you. The literal meaning of ego is "I AM". How can your ego be your enemy? Let me tell you from the beginning without any further confusion. There is a part of you that protects the decisions you have made so far. Because your ego wants you to be safe. But this part of you sees every means permissible to keep you safe. When you make a new decision, your ego is ready to use all its cards to turn you from the way.



### **So what are we going to do? Will we be stuck in the comfort zone forever?**

#### **What happened to our goals?**

Of course we will not be stuck. Goals are still in our pockets, don't worry. Resistance does not mean that you are lacking something, or that you are doing something wrong. Resistance is part of the process. Today, we will take a look at the resistances we may face. Later, we will learn how to deal with them. Let's start if you're ready.

**Excuses:** All those judgments invented by the ego that resists change in order not to reach the new reality you desire.

- You can't lose weight because....
- You cannot start a new business because....

In short, all sentences that start with "It won't work because..." are the excuses that the ego offers you to turn back from the beginning of the road. Knowing that all these phrases come out of the ego's butt and even being able to separate the voice of the ego from the inner voice that guides you is a great step! Because until now you thought these were your reality. Now you know who and where they came from.

**Mishaps:** Think about all the mishaps you face when you start a new job. You will go to a job interview; your car breaks down, something is spilled on you, the heel of your shoe is broken, thunder... because you resist change. Because on the one hand you want a lot, on the other hand as you fear the unknown, you radiate energy of "I DON'T WANT THAT!" At times like this, you can change your view to the event by saying "I know why this is happening."

**Procrastination:** One of the ego's favorite games towards you is procrastination.

- "You are very tired now, you will do it tomorrow."
- "You have a lot of time, you can do it later."

Your ego comes with such cunning excuses that it is impossible not to think it is right... You, who are already willing to give up, think it is right and withdraw from the game with the slightest excuse. But I have news for you; even if you are tired and there is no time left, remember those who are successful are the ones that continue to step in spite of all these.

### **Referencing from past:**

"If you have attempted to achieve something in the past and failed for various reasons, your ego brings all your failures and puts it in front of you in a wonderful presentation. If you don't know this is a game, you can enjoy it too."

- You thought every person who came to your life was the right person, but you were always disappointed; Are you sure you want to get hopeful and offended again?



### **Tasks:**

- Two great exercises are waiting for you on the worksheet! One of them is about persuading an excuse that the ego offers you. The other was prepared to break a procrastination game. You can respond to all the resistance you will encounter from now on by using these exercises.

