

GET UNSTUCK, GET RESULTS!

Understand and
clear your resistance,
beat procrastination and
take joyful action,
with the unique SWIP'D Method



With Jenny Clift,
EFT Breakthrough Coach

JC
COACHING

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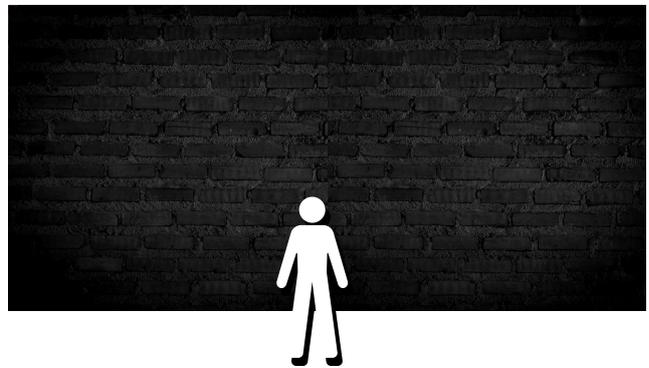
WHY WE ARE STUCK

Sometimes people see procrastination, being stuck, or not getting things done, as laziness or lack of motivation or willpower or grit and determination.

They (or we) say: *Just do it!* and judge, blame or criticise when that doesn't work.

But what if there were much bigger forces holding you back under the surface?

Just like a massive, impenetrable wall, created from blocks or bricks of resistance, which, however long or hard you try, you just can't get over or break down.



Understanding the 5 AREAS OF RESISTANCE - which make up those blocks - can go a long way to help you heal and make changes in your thinking as well as in your energy.

Remember:

Thoughts lead to feelings; Feelings lead to actions:
Action leads to results.

T → F → A = R

3.

HOW WE WERE PROGRAMMED TO OPERATE IN THE WORLD

So where do our thoughts come from?

From our PROGRAMMING. All the things we heard and observed as we were growing up. And the meaning we made from them, very often on an unconscious level.

If, one day, little 7-year-old-you saw your parents stressed and upset talking about money, then you may have deduced that:

- *'Money is scarce',*
- *'Money leads to arguments',*
- *'Money makes people unhappy and worried',*
- *'Money is hard to come by.'*
- *'Money is bad.'*



And a part of your brain says, *'I don't want that for me and my loved ones. Stay away!'*

No wonder we hesitate and feel stuck.

Here's what the flow chart looks like now:

Our Programming leads to thoughts; Thoughts lead to feelings; Feelings lead to actions: Action leads to results.

P → T → F → A = R

4.

Here's where S.W.I.P.D.: THE 5 AREAS OF RESISTANCE comes in.

S = SAFETY



This is often about other people and the fear of being criticised, rejected or judged.

It can also be about loss and failure, and have its roots in past traumas and family circumstances.

All of these add up to a lot of evidence of 'danger', and we are biologically wired to put our perceived safety above all else, even our happiness, success and fulfilment.

Example thought: *If I make more money/get that promotion other people will be jealous and talk about me behind my back.*

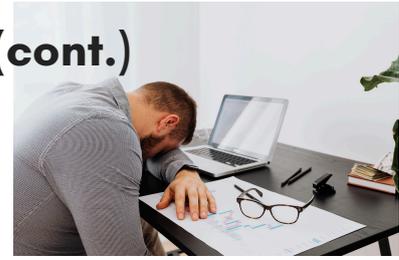
Ask yourself:

Where in my life do I stay safely in my comfort zone and avoid taking risks?

Where do I feel this 'danger' in my body? What are the sensations?

5.

S.W.I.P.D: THE 5 AREAS OF RESISTANCE (cont.)



W = WILLINGNESS

This refers to our fears of how hard and/or disruptive it'll be if we take action and move forward. There's often a fear of 'I won't be able to handle it' or 'I'm exhausted and overwhelmed right now, if I take on more I won't be able to cope.'

We remember times in the past which were exhausting and stressful, and a part of us wants to stop us from going through it again. This is also where the idea of 'goal trauma' comes in. A resistance to going for new goals or even dreaming about what the future could hold.

Example thought: *I barely see my friends and family as it is. If I take this on I'll never be able to stop.*

Ask yourself:

How often am I reluctant to take action because I don't think I'll handle it?

When in the past did I get burnt out, exhausted and overwhelmed? What did a part of me vow never to go through again?

S.W.I.P.D: THE 5 AREAS OF RESISTANCE (cont.)



I = IDENTITY

Do you see yourself as a success or a failure? Do you suffer from impostor syndrome and low self-confidence? Are you 'not good enough' or 'too old'? What kind of family and cultural beliefs hold you back?

Until you let go of the old limitations and take on a new, more empowering identity you will be constantly battling against your inner voices and blocks.

Example thought: In our family we're good, not great. It's important to be humble.

Ask yourself:

What kind of beliefs have I inherited which hold me back?

Complete this sentence: In our family, we....

What new, more empowering identity do I choose to adopt, in order to heal and release my old family limitations?

7.

S.W.I.P.D: THE 5 AREAS OF RESISTANCE (cont.)



P = POSSIBILITY

How often do you say *'I can't...'* or *'It's impossible'* or *'I've tried so hard but it's never going to happen.'*

What are your beliefs about the world, and especially you in the world? What are the myths and old stories you've bought into, such as *'It'll never happen for me'*?

Example thought: *I can't earn a really great living doing what I love.*

Ask yourself:

How impossible does what I want feel, on a scale of 1-10?

If I fully believed it was possible for me, what action would I take right now?

S.W.I.P.D: THE 5 AREAS OF RESISTANCE (cont.)



D = DESERVINGNESS

Many people resist the idea of *'I don't deserve it.'* But a lack of self-worth, or undervaluing yourself is rampant in our society.

Have you ever said to yourself *'I haven't done enough'* or *'I haven't got the right qualifications'* or *'I need to do just another course or program, then I'll be ready'*. Or something similar?

It can show up in undercharging or bartering or chronic overdelivering. Or in resisting asking for or even offering help.

Example thought: *They worked harder than me and anyway, they need it more than me.*

Ask yourself:

Is there a small part of me that doesn't believe that I am as valuable or as worthy as others?

What patterns and habits do I run, that stem from a fear that I'm not as valuable or worthy and deserving as others?

WHAT CAN YOU DO NOW TO GET UNSTUCK?

Here are some ideas to help you dismantle that wall of resistance so you can move forward joyfully and easily.

- *Journaling, writing, inner exploration (like you did above), taking the time to uncover and clarify the areas of resistance that stop you.*
- *Clearing, healing and releasing with techniques such as EFT Tapping and Energy work. On your own or working with a coach, therapist or wise friend.*
- *Inner child or 'parts work' to foster understanding, self-love and compassion and healing.*

You too can get UN-SWIP'D!! And that's when the fun begins!

