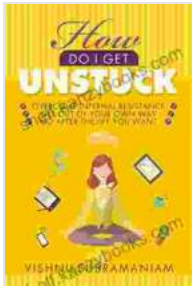


Overcome Internal Resistance: Get Out of Your Own Way and Go After the Life You Want



How Do I Get Unstuck: Overcome Internal Resistance, Get Out of Your Own Way, Go After the Life You Want

by Raymond Buckland

★★★★☆ 4.6 out of 5

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Internal resistance is a powerful force that can hold us back from achieving our goals and living the life we want. It's that voice in our head that tells us we can't do something, that we're not good enough, or that we're going to fail. It can be a major source of self-sabotage, procrastination, and anxiety.

But internal resistance doesn't have to be the boss of us. We can learn to overcome it and achieve our goals. In this article, we'll explore what internal resistance is, how it works, and what you can do to overcome it.

What is Internal Resistance?

Internal resistance is a psychological barrier that prevents us from taking action towards our goals. It can manifest in many different ways, such as

procrastination, self-sabotage, fear, anxiety, and doubt.

Internal resistance is often caused by our subconscious mind, which is trying to protect us from perceived threats. For example, if we're afraid of 失敗, our subconscious mind may try to prevent us from taking any risks, even if those risks are necessary to achieve our goals.

How Does Internal Resistance Work?

Internal resistance works by creating a conflict between our conscious and subconscious minds. Our conscious mind knows what we want to achieve, but our subconscious mind may be afraid of the unknown or of failing. This conflict can lead to a lot of inner turmoil and can make it difficult to take action.

For example, let's say you want to start a new business. Your conscious mind knows that starting a business is a great opportunity, but your subconscious mind may be afraid of failing. This fear can lead to internal resistance, which can manifest in many different ways, such as procrastination, self-sabotage, or anxiety.

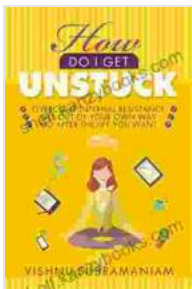
How to Overcome Internal Resistance

Overcoming internal resistance is not easy, but it is possible. Here are a few tips to help you get started:

1. **Identify your internal resistance.** The first step to overcoming internal resistance is to identify what it is. What are the thoughts and feelings that are holding you back? Once you know what your internal resistance is, you can start to work on overcoming it.

2. **Challenge your negative thoughts.** Once you've identified your internal resistance, you need to start challenging your negative thoughts. Are these thoughts really true? Are they helpful? If not, you need to start replacing them with more positive thoughts.
3. **Take small steps.** Don't try to overcome your internal resistance all at once. Start by taking small steps. Set small goals for yourself and work towards them one step at a time.
4. **Be patient.** Overcoming internal resistance takes time and effort. Don't get discouraged if you don't see results immediately. Just keep at it and you will eventually overcome your resistance.

Overcoming internal resistance is not easy, but it is possible. By following these tips, you can start to overcome your internal resistance and achieve your goals.



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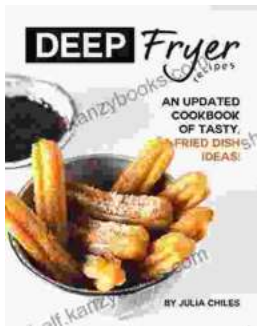
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