

Addressing Resistance

Understanding and Addressing Resistance · Interactive Worksheet

Surrender vs. Compliance

Topic Studies · The Recovery Files

In this workbook: worksheet.

The topic's scored self-assessment is in the app.

WORKSHEET

Understanding and Addressing Resistance in Recovery

Identify triggers and develop strategies to overcome resistance

1. Identifying Resistance

Think about times when you've experienced resistance in your recovery journey. For each factor below, describe a specific instance when it triggered resistance:

Stress or life challenges:

Exposure to triggers:

Complacency in recovery:

Unresolved underlying issues:

Fear of change or the unknown:

2. Impact of Resistance

How did this resistance affect your recovery efforts?

What thoughts or emotions accompanied this resistance?

3. Strategies for Overcoming Resistance

For each factor, brainstorm 2-3 strategies you could use to address or prevent resistance:

Stress or life challenges:

Exposure to triggers:

Complacency in recovery:

Unresolved underlying issues:

Fear of change or the unknown:

4. Building Resilience

What resources or support systems can you rely on when facing resistance?

How can you remind yourself of your recovery goals when resistance occurs?

What self-care practices can you implement to strengthen your resilience?

5. Reflection and Commitment

What have you learned about your patterns of resistance through this exercise?

Choose one strategy from question 3 that you commit to implementing this week: