



Tips for Overcoming Resistance

When resistance arises, it's a **sign of growth**, not failure. Instead of letting it stop you, use these powerful strategies to move through it with ease:

1 Acknowledge and Name It

Resistance thrives in **avoidance**. Instead of ignoring it, **call it out**:

🗣️ *"I see you, resistance. I know you're trying to protect me."*

Recognizing resistance helps you **detach from it emotionally** and prevents it from controlling your actions.

2 Use EFT Tapping

Tap on meridian points while acknowledging your emotions:

✦ *"Even though I feel resistance, I deeply and completely accept myself."*

✦ *"Even though I feel stuck, I choose to move forward with ease."*

Keep tapping **until the intensity decreases** and you feel lighter.

3 Get Curious About the Fear

Ask yourself:

- ◆ *What am I afraid will happen if I succeed?*
- ◆ *What's the worst-case scenario? And is it really true?*
- ◆ *Where do I feel this resistance in my body?*

When you **identify the root cause**, you gain power over it.

ADDRESS

701 Pleasant Grove Blvd.
Suite 180
Roseville, CA 95678

CONTACT

www.TappingwithDrGigi.com
Hello@TappingwithDrGigi.com
Call/Text at 833.50 HAPPY (42779)



4 Take Micro-Actions

Small steps lower resistance. Instead of focusing on the big goal, break it into **tiny, manageable tasks**:

- ✓ Send one email.
- ✓ Write one social media post.
- ✓ Practice your sales pitch for 5 minutes.

Action disrupts resistance and builds momentum.

5 Change Your State

Resistance can feel like **heaviness, tension, or stress** in the body. Shift your energy with:

- 🌿 **Breathwork** – Inhale for 4 counts, hold for 4, exhale for 8.
- 🎵 **Music & Movement** – Dance, stretch, or take a short walk.
- 📖 **Visualization** – Imagine yourself already succeeding and feeling free.

6 Set a Timer (The 5-Minute Rule)

Tell yourself: *“I’ll just do this for 5 minutes.”* Once you start, **momentum kicks in**, and resistance fades.

7 Reframe Resistance as a Sign of Success

💡 Resistance means you’re **expanding, evolving, and stepping into something greater**. Instead of seeing it as a problem, **celebrate it**:

- 💎 *“This resistance means I’m on the right path.”*
- 💎 *“I am growing, and that’s why this feels uncomfortable.”*

8 Be Extra Kind and Gentle with Yourself 💜

Change is hard, and resistance is simply a natural response to stepping into something new. **Instead of pushing through with force, meet yourself with kindness and compassion.**

💖 **Treat yourself the way you would treat your favorite person.** Speak to yourself with encouragement, allow yourself breaks when needed, and remind yourself that growth takes time.

💖 If you feel frustrated, acknowledge it without judgment. Change isn’t always comfortable, but it’s always worth it.

You are doing better than you think. Keep going, keep tapping, and trust that transformation is happening. 💎