RESISTANCE AWARENESS

wholeness takes practice

Vices and Resistance

Anger and the Need to be Perfect
Holding resentments
Angry about flaws (self and others)

Pride and the Need to be Needed
Unaware of needs of self
Focuses on helping others
Unaware of one’s limits
Ambition

Deceit and the Need to Succeed
Denies one’s inner truth
Deceiving oneself and others about who one is
Living out of image

Envy and the Need to be Special
Want what others appear to have.
Longing
Lack of gratitude

Greed and the Need to Perceive
Seeking knowledge to fill void.
Gathering more than one’s share.

Fear and the Need for Security
Holding on to fear
Hyper-vigilance

Gluttony and the Need to Avoid Pain
Consume without thinking
Purchase without looking at one’s needs.

Excess and the Need to be Against
Obsesses over things
Possessiveness

Sloth and the Need to Avoid Procrastination
Laziness about essentials, especially the inner life
Neglect of Self

Exploring Resistance

What disconnects me the most from who I am at a core level?

What disconnects me the most from connecting with others at a deeper level?

What word or phrase represents my most common block?