

## **Personal Obstacles and Resistances (List)**

It's amazing that you can expand your box at all, considering how many obstacles your culture has put in your way to keep you locked into the collective story! Here is a checklist of common resistances and blocks found in the dark and Twisted Feminine that can show up in your feelings and Mind Talk.

How many still apply to you? Note how many do not, as well.

Note that the seminar "Mind Talk" can take you through clearing out a lot of these inner twisted messages so that you can stay up at an expanded resonance and Self-Image.

You resist Change because;

You want to stay safe and secure in familiar inner territory, you are uncomfortable with change

You hold on to the Old Narrative/Story and script of your life

You have FEARS; of "rocking the boat" or creating conflict and separation, of change, of the unknown, of taking risks, success or failure, of rejection, of exclusion and separation, of loneliness, of isolation, of not having any support while doing it all yourself, that the future will be worse than now and filled with problems and dangers, of visibility and/or attack from others, of commitment,

You keep falling back into your inner child, adolescent, or young adult self, or buy into the Slave Driver (SI Dr) or Negative Ego, which shrinks your Self-Image

You don't own your own authority and so cannot give yourself permission to expand

You see the future as too much work, burdens, and effort beyond you

Your dark twisted feminine says "I'm not good enough. I can't."

You refuse to take your authority and give yourself permission to BE

Mind Talk and Neg Ego keeps convincing you that nothing changes

You continue to hide yourself so that no one can see your failures

You judge yourself as deficient, entitled, failure, insignificant,

You're unwilling to let yourself off the hook and forgive yourself

You're stuck in unpleasant situation due to money needs or obligation

You had too much physical punishment as child and so always afraid you'll do something wrong and get punished for it. You may thus need someone to tell you what to do

The SI DR keeps you feeling like you are never enough, or do enough

You're afraid you'll make bad choices

You have physical-emotional issues that create fatigue, lack of motivation, debility, continual stress, etc. that needs constant tending

You're waiting for some guidance from somewhere – don't feel you know enough to figure out what and who you are, and what you must do

You believe the media and it shapes your beliefs and thinking – look outside yourself for answers, and don't go within enough to find yourself

You are oriented/addicted to a dominating political party or narrative

You are taking medications for anxiety or depression that neutralize u

Your need for escapism is too strong, cannot stay present and focused

You're bored

You have a lackluster underused positive imagination and cannot conceptualize a good future

You can't handle any challenges – they seem too daunting

You go for CONTROL; got to be totally safe first

You are languishing in anger about how it's not fair and nobody loves you (MARTYR)

You are riddled in Self-Doubt and stalled out

You won't expand unless you do it well – the right way. if you fall short, you'll be a loser and shame yourself (PERFECTION)

You must be certain first, and feel confident before you can proceed

You are waiting for approval & validation first (which "you" is looking for this, and from whom?)

You are afraid of love, freedom, empowerment, and trust

You are afraid of the potential consequences or impact of expanding, even if you don't

You fear others won't understand you

You remain addicted and committed to an old outdated dream

You are afraid of making a commitment to yourself (you've not kept them before and you've failed yourself and you don't trust yourself now). Plus, you don't have enough motivation and resolve

You're an "all or nothing" kind of person, but you won't go for the "all"

You don't know what you want, or who you want to be

You lack hope, but have plenty of cynicism and rationales why not

You are jealous and envious of people who have it better than you but this attitude holds you in judgment of them and thus sticks you too

You continue to try and be independent and strong, but you still punish yourself for your failings, thus won't let yourself be loved, don't ask for help, sabotage your successes, hurt and neglect yourself, stay in guilt or shame, and don't claim your power.

Your spirit (personal dynamism) has been broken. You can't motivate yourself or see any point in growing

You can't follow through on anything, why do you think this will be different? (hopelessness and lack of resolve and self-trust)

You fear finding out things about yourself or getting lost in the mystery.

You remain immature and simply don't want to grow up.

You've been inhibited so long; you have no idea how to break out of it.

You still haven't healed your major Soul Wounding and you are stuck inside yourself with it every day, as it still defines to you who you are (a very small self within a painful box.)

You're afraid of intensity of feeling, of depth of intimacy – it's just overwhelming.

You have too much pride over how you've coped so far and don't want to feel humble (vulnerable and weak) again.

You have a Dark Law, a fundamental choice that gives order to everything and makes sense of everything, to confirm that you are not okay and not worthy of having what you want or being happy.

You want a guarantee that you will be safe and everything okay. You're afraid of what you could lose.

You think you have to fix everything to redeem yourself (of what?).

You think that it'll come if you just "fake it till you make it." So, you pretend to already be fully realized. This is just an ego sabotage, because spiritual ego can feel good short term but will block you and undermine you when push comes to shove. Usually, it gets revealed to much shame, which is what you are trying hard to avoid feeling. This can be Spiritual Ego.

You're angry at yourself for not yet being "there" where you are realized and fulfilled, so you keep humiliating yourself and punishing you.

*Given out at the Galexis Seminar "Expanding Out of Your Box"  
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