

I dont want to feel like it how resistance controls your life and what do about cheri huber

I Don't Want to Feel Like It: How Resistance Controls Your Life (and What Cheri Huber's Screenwriting Can Teach You)

Resistance. That insidious whisper that tells us "no," "not now," "you can't." It's the invisible force field that keeps us stuck in routines, hindering our creative endeavors, and ultimately, shaping our lives in ways we don't always recognize. It's a pervasive force, and understanding its power, especially in the context of creative pursuits like screenwriting, is crucial for unlocking your full potential. Enter Cheri Huber, a screenwriter whose body of work showcases not just technical mastery, but also the courageous act of defying resistance. This explores how resistance manifests in your life and in screenwriting, drawing parallels and offering strategies for overcoming it, all informed by Huber's insights.

The Unseen Enemy: Understanding Resistance

Resistance isn't always overtly malicious. It often presents itself as fear—fear of failure, fear of judgment, fear of the unknown. It can also be disguised as procrastination, self-doubt, or a general lack of motivation. It's like a persistent, low-level hum that slowly drains our energy and ambition. This subtle nature makes it hard to identify and even harder to combat.

The Psychology Behind Resistance

From a psychological perspective, resistance is deeply rooted in our brains' natural inclination to maintain the status quo. This is often driven by a need for safety and comfort, even if that comfort is stifling growth. Our brains are wired to resist change, even if that change is ultimately beneficial. This is a survival mechanism, but in the context of creativity, it can become a major hurdle.

Resistance in Screenwriting

In screenwriting, resistance takes many forms. A writer might find themselves stuck on a particular scene, endlessly rewriting dialogue without moving forward, or struggling to

overcome a narrative plot hole. The constant bombardment of internal critiques can paralyze creative flow. These blockages stem from the same psychological drivers that create resistance in other areas of life. The fear of judgment from peers, editors, or even oneself can often cripple the creative process. For example, a screenwriter might have a brilliant idea for a complex character arc, but worry that it's too unconventional or too bold, thus hindering its development.

Cheri Huber: Defying the Narrative of Resistance

Cheri Huber, a renowned screenwriter, consistently pushes boundaries in her work. Her scripts are marked by their exploration of complex characters, nuanced themes, and an unwavering commitment to storytelling that goes beyond the typical. This commitment isn't without its battles with resistance. Huber, in interviews and behind-the-scenes accounts, has acknowledged moments of paralysis, doubt, and even outright fear about her creative decisions.

Huber's Approach to Overcoming Resistance

Huber's journey demonstrates that overcoming resistance is not about eliminating fear, but about managing it. She uses various techniques to navigate these challenges, drawing from her personal experiences and her understanding of narrative structures. • Establishing a Realistic Workflow: She emphasizes the importance of establishing a sustainable writing routine, breaking down tasks into manageable chunks, and finding methods that match her personal energy levels. • **Embracing Imperfection**: Huber actively combats the fear of not being perfect by embracing the iterative nature of writing. She recognizes that revisions and refinements are integral parts of the process. • **Seeking Feedback and Support**: This crucial step empowers her to receive constructive criticism without losing sight of her creative vision. This is also important for connecting with others who face similar struggles.

Case Studies: Examples in Fiction

Consider the character of Scar in Disney's *The Lion King*. His initial resistance to Mufasa's leadership is fueled by jealousy and a desire for power. He allows this resistance to control his actions, leading to tragedy. Conversely, consider a more nuanced example like the protagonist in *The Martian*. Mark Watney faces insurmountable adversity and resistance from the vastness of space and the limitations of his environment. However, instead of succumbing to despair, he finds ways to overcome his challenges, demonstrating how acceptance and resilience can lead to success. These narratives highlight the importance of understanding the human condition within the context of storytelling, and how to use resistance as a driving force.

Strategies for Overcoming Resistance

- **Identifying Your Triggers:** What situations or emotions tend to trigger your resistance? Become conscious of these patterns.
- **Setting Realistic Goals:** Break down large projects into smaller, achievable steps. This prevents feeling overwhelmed and fostering consistency.
- **Building a Support System:** Surround yourself with people who encourage your creative pursuits and offer constructive feedback without judgment.
- *Embrace Failure as a Learning Opportunity:* Understand that setbacks are inevitable parts of the creative journey. Learn from them, adapt, and move forward.

Storytelling Techniques: Huber's Influence

Cheri Huber's screenwriting influences the way we approach storytelling by emphasizing the importance of conflict and its influence on character development.

- **Conflict as a Catalyst:** In her stories, conflict isn't just a plot device; it's a catalyst for growth and change in characters.
- Character-Driven Narratives: She highlights how internal struggles and resistance within characters can drive the plot and create resonant experiences for the audience.

Benefits of Overcoming Resistance

- *Enhanced Creativity:* By overcoming resistance, you unlock new levels of creativity and innovation.
- Improved Focus: You'll experience a more focused and dedicated approach to your work.
- **Increased Self-Confidence:** You'll see a significant increase in your self-assurance and belief in your abilities.
- Greater Fulfillment: This translates to a greater sense of satisfaction and fulfillment in both your personal and professional life.

Advanced FAQs

1. *How can I identify the root causes of my resistance?* Journaling, mindfulness exercises, and seeking feedback from trusted individuals can help uncover the underlying anxieties and fears driving resistance.

2. *What are some practical strategies for overcoming procrastination as a form of resistance?* Timeboxing, breaking tasks into smaller chunks, using the Pomodoro Technique, and incorporating deadlines can help manage procrastination and maintain momentum.

3. How can screenwriters effectively incorporate resistance as a plot device to drive character arcs and narrative tension? Resistance as a plot device should not be used superficially, but rather it needs to be embedded in the character's motivations, creating compelling conflict and driving internal and external struggles.

4. **Beyond writing, how can Cheri Huber's insights help with overcoming resistance in other areas of life?** Huber's emphasis on consistency, realistic goals, and seeking support can be applied across many domains, from personal relationships to professional endeavors.

5. **How can screenwriters avoid falling prey to the "perfectionism trap," a form of resistance?** Adopting a growth

mindset, embracing the iterative nature of writing, and celebrating small victories are crucial for escaping the perfectionism trap and embracing the process of creation. By understanding the subtle ways resistance can hinder us and leveraging techniques like Cheri Huber's approach, we can move beyond the limitations of fear and doubt. This journey leads to a more fulfilling and creative life, both on the page and off.

"I Don't Want to Feel Like It": How Resistance Controls Your Life and What to Do About It (with Cheri Huber)

Ever find yourself staring at a task you know you *should* do, but a heavy, invisible force just... stops you? That nagging voice whispering, "I don't want to feel like it," can be incredibly powerful, dictating our actions (or inactions) and subtly steering the course of our lives. This feeling, this internal tug-of-war, is what we often call resistance. It's not just about avoiding chores; it's a deeply ingrained pattern that can hold us back from personal growth, fulfilling relationships, and achieving our goals.

If this resonates with you, you're not alone. Many of us grapple with this internal sabotage. The good news? Understanding resistance is the first step to dismantling its power. And when we talk about understanding and overcoming resistance, the wisdom of Cheri Huber often comes to the forefront. Her teachings offer practical, down-to-earth strategies for recognizing and navigating this common human experience.

What Exactly is "Resistance"?

At its core, resistance is an internal force that opposes change, action, or even just facing a particular feeling. It's the part of us that says, "Nope, not today." This can manifest in myriad ways:

1. **Procrastination:** The classic "I'll do it later" that never seems to arrive.
2. **Perfectionism:** The fear of not doing something perfectly leads to not doing it at all.
3. **Avoidance:** Steering clear of situations or conversations that might be uncomfortable.
4. **Self-Sabotage:** Unconsciously undermining our own efforts to succeed.
5. **Complaining:** Focusing on what's wrong rather than taking steps to improve it.
6. **Anxiety and Fear:** Overwhelming emotions that paralyze us.
7. **"I don't want to feel like it":** The direct, emotional refusal to engage with a task or feeling.

It's important to distinguish between healthy boundaries and unhelpful resistance. Setting a boundary is a conscious choice to protect your well-being. Resistance, on the other hand, often operates on an unconscious level, driven by fear, past experiences, or a desire for comfort and familiarity, even if that comfort is ultimately limiting.

The Insidious Grip: How Resistance Controls Your Life

When we consistently give in to resistance, it doesn't just affect one area of our lives; it can become a pervasive pattern. Think of it like a hidden steering wheel, gently but firmly nudging you off course. Here's how resistance can quietly control your life:

Stunted Personal Growth

Every opportunity for growth involves stepping outside our comfort zone. Whether it's learning a new skill, facing a fear, or tackling a challenging project, resistance whispers, "Stay where you are. It's safer here." This keeps us from evolving, learning, and discovering our true potential. The feeling of "I don't want to feel like it" often accompanies the effort required for personal development.

Missed Opportunities

Life presents us with opportunities – a new job, a budding relationship, a chance to travel. Resistance can make these seem daunting, overwhelming, or simply not worth the effort. We might tell ourselves we're not ready, not good enough, or that it's too much trouble, all while resistance is silently closing doors.

Strained Relationships

In relationships, resistance can show up as avoiding difficult conversations, withdrawing when conflict arises, or failing to express needs and desires. This can lead to misunderstandings, resentment, and emotional distance. The willingness to engage, even when it feels uncomfortable, is crucial for healthy connections.

Unfulfilled Dreams and Goals

This is perhaps the most obvious impact. Our biggest aspirations often require consistent effort and the willingness to push through challenges. Resistance is the primary roadblock. That dream of writing a book, starting a business, or getting in shape can remain just a dream if we consistently succumb to the "I don't want to feel like it" impulse.

Diminished Self-Esteem and Confidence

Every time we give in to resistance, we reinforce the belief that we can't handle things. This erodes our self-trust and confidence. Conversely, overcoming resistance, even in small ways, builds resilience and a sense of accomplishment, boosting our self-esteem.

Cheri Huber's Wisdom: A Practical Approach to Overcoming

Resistance

Cheri Huber, a renowned teacher and author, offers a refreshing and practical perspective on navigating life's challenges, including resistance. Her philosophy isn't about brute force or forcing yourself to do things you hate. Instead, it's about understanding the underlying mechanics and choosing a different way of responding.

1. Recognizing Resistance as a Signal

Huber emphasizes that resistance isn't the enemy; it's a signal. When you feel that "I don't want to feel like it" creep in, it's an invitation to look deeper. What is this feeling trying to tell you? Is it fear? Is it a lack of clarity? Is it a genuine misalignment with your values?

Key Insight: Instead of fighting the feeling, acknowledge it. Say to yourself, "Okay, I'm feeling resistance right now." This simple act of recognition takes away some of its power.

2. The Power of "Can't" vs. "Won't"

A crucial distinction Huber often makes is between "I can't" and "I won't." When we say "I can't," we're stating a perceived limitation, often based on fear or lack of belief. When we say "I won't," we are making a conscious choice. This distinction is powerful because it shifts us from victimhood to agency.

Practical Exercise: When faced with a task that brings up resistance, ask yourself: "Is this something I truly **can't** do, or is it something I **won't** do because it feels difficult, scary, or uncomfortable?" Often, you'll find it's the latter.

3. Small Steps, Consistent Action

The mountain of tasks can feel insurmountable when resistance is high. Huber's approach encourages breaking down daunting goals into the smallest possible steps. The goal isn't to conquer the mountain in one leap, but to take one tiny, manageable step forward.

Example: If you're resisting writing a book, your first step might not be to write a chapter. It could be to open a blank document, write one sentence, or even just brainstorm one idea for five minutes. The "I don't want to feel like it" often loses its power when the task feels ridiculously small.

4. Doing It Anyway: The "Just Do It" (with a Twist)

Huber's philosophy isn't about waiting until you **feel** like it. It's about understanding that feelings are often temporary and can shift once you start moving. The key is to take action **despite** the feeling of resistance. It's not about forceful self-discipline; it's about gentle, persistent movement.

How it works: Acknowledge the feeling of "I don't want to feel like it." Then, choose to take one small action anyway. Often, once you've begun, the resistance will lessen, or at least become more manageable.

5. Dealing with Feelings: Not Avoiding, Not Indulging

Resistance often stems from a fear of unpleasant emotions – boredom, frustration, anxiety, fear of failure. Huber suggests a balanced approach: don't try to suppress the feelings (which only strengthens them), and don't get lost in them (which fuels resistance). Instead, acknowledge them, experience them briefly, and then move forward with the task.

Affirmation: "I can feel this feeling and still take action."

6. The Importance of Honesty and Self-Compassion

Huber's teachings are rooted in radical honesty with oneself. This means admitting when you're resisting, why you might be resisting, and what you truly want. It also involves self-compassion. Beating yourself up for resisting only adds another layer of negativity. Instead, approach yourself with kindness and understanding, just as you would a friend.

Putting it into Practice: Your Journey Beyond Resistance

Overcoming resistance is not a one-time event; it's an ongoing practice. It's about building new habits and a new relationship with yourself and your challenges.

Start Small, Start Today

Pick one area where you feel resistance is holding you back. It could be a work project, a personal goal, or even a healthy habit you want to build. Apply Huber's principles: recognize the resistance, identify the "can't" vs. "won't," and take the smallest possible action.

Observe Your Patterns

Become a detective of your own mind. When do you resist? What triggers it? What are the common thoughts and feelings associated with your "I don't want to feel like it" moments? The more you understand your patterns, the easier it is to interrupt them.

Celebrate Progress, Not Perfection

Acknowledge every victory, no matter how small. Did you write that one sentence? Did you make that phone call you were dreading? Did you resist the urge to procrastinate for an hour? These are all wins. Perfectionism is often a guise of resistance, so let go of the need for flawless execution and focus on consistent forward movement.

Seek Support

Talking about resistance with a trusted friend, therapist, or coach can be incredibly helpful. Cheri Huber's books and workshops also offer a wealth of practical tools and community support for those seeking to overcome resistance and live a more fulfilling life.

The power of "I don't want to feel like it" can feel overwhelming, but it doesn't have to control your life. By understanding resistance, embracing Cheri Huber's practical wisdom, and committing to small, consistent actions, you can begin to dismantle its grip and move towards a life of greater freedom, achievement, and fulfillment. The journey starts with a single step, even when you don't feel like taking it.

The invisible grip of resistance in daily life often goes unnoticed—until it begins to shape choices, decisions, and emotions in ways that feel unavoidable. Resistance, whether internal or external, can subtly dictate what we pursue, who we surround ourselves with, and even how we perceive success. When resistance dominates, it transforms into a silent force that limits personal growth and fuels frustration, leaving individuals questioning why they feel stuck despite their best intentions. Understanding this dynamic is essential for reclaiming agency and fostering authentic fulfillment.

Understanding the Nature of Resistance and Its Impact

Resistance is not always a visible rebellion; more often, it manifests as hesitation, self-sabotage, or a persistent sense of unease that undermines motivation. This force often arises from deep-seated fears—of failure, rejection, or change—that operate beneath conscious awareness. Over time, these patterns become habitual, reinforcing a cycle where avoidance replaces action, and comfort zones shrink even further. The result is a life lived not by choice, but by avoidance—choosing familiarity over risk, comfort over growth. This emotional inertia can erode self-confidence and create a persistent sense of disconnection from one's true desires.

Cherihuber's Approach: Reframing Resistance as a Teacher

Cherihuber offers a compelling alternative to merely fighting resistance—advocating for a mindful, compassionate engagement with it. Rather than suppressing internal resistance, this perspective invites individuals to listen closely to its signals. What underlying belief or fear is this resistance protecting? By exploring these roots with curiosity rather than judgment, people can begin to transform resistance from an obstacle into a guide. This approach emphasizes self-awareness and emotional intelligence, recognizing that resistance often signals important internal boundaries that deserve respect, not avoidance.

Practical Strategies for Moving Beyond Resistance

Effective movement beyond resistance begins with awareness. Journaling, meditation, and guided reflection help uncover hidden motivations and emotional triggers. Once identified, cognitive reframing allows individuals to reinterpret resistance as a natural signal for adjustment rather than a barrier to overcome. Setting small, intentional goals builds momentum and reinforces confidence, while cultivating supportive relationships provides accountability and encouragement. Over time, these practices nurture resilience, enabling a shift from passive reactivity to proactive, values-driven living.

Long-Term Benefits and a Forward-Looking Perspective

Embracing resistance as a teacher fosters deeper self-understanding and emotional freedom. As individuals learn to honor their inner voice while taking courageous steps, they develop a stronger sense of authenticity and purpose. This internal alignment enhances both personal well-being and professional effectiveness, creating space for innovation, creativity, and meaningful contribution. Looking ahead, integrating these insights into daily life cultivates a sustainable mindset—one that views challenges not as threats, but as opportunities for growth. In this way, resistance becomes not a force that pulls you down, but a compass guiding you toward a life truly your own. By recognizing resistance not as an enemy but as a guide, and by applying intentional, compassionate strategies—inspired by thinkers like Cheri Huber—individuals can break free from cycles of avoidance and reclaim ownership of their journey. The path to a life lived with purpose begins not with force, but with awareness, acceptance, and a willingness to listen.

The Tyranny of "I Don't Want To": How Resistance Controls Your Life and Finding Freedom with Cheri Huber

Do you ever find yourself staring at a task, a goal, or even an opportunity, and a heavy, invisible force seems to hold you captive? This pervasive feeling of reluctance, this internal battle cry of "I don't want to," is more than just a fleeting mood. It's a powerful, often subconscious form of resistance that can subtly, yet profoundly, dictate the trajectory of our lives. Understanding this internal saboteur is the first step towards reclaiming your agency. And for many, the wisdom of Cheri Huber offers a potent antidote to the paralyzing grip of "I don't want to."

Unpacking the "I Don't Want To" Phenomenon

The phrase "I don't want to" is a seemingly simple expression of preference. However, when it becomes a recurring theme, it signals a deeper internal conflict. This resistance

isn't necessarily about laziness; it's a complex interplay of fear, past experiences, and deeply ingrained belief systems. Recognizing the patterns of this internal resistance is crucial for anyone seeking personal growth and fulfillment. We're not just talking about avoiding chores; we're examining the resistance that prevents us from pursuing our dreams, building meaningful relationships, or even engaging in self-care.

The Manifestations of Resistance in Everyday Life

The tentacles of "I don't want to" reach into every corner of our existence.

Procrastination, that classic symptom, is perhaps the most visible. Deadlines loom, yet the allure of distraction proves irresistible. This isn't just about poor time management; it's often rooted in a fear of failure, a fear of not being good enough, or a fear of success itself. Consider the aspiring writer who constantly finds excuses not to sit down and write, or the individual who avoids networking events despite the potential career benefits. These are not isolated incidents but symptomatic of a larger resistance at play. Other common manifestations include:

1. **Avoiding difficult conversations:** The discomfort of potential conflict leads to silence, allowing resentments to fester.
2. **Neglecting self-care:** Exercise, healthy eating, or even taking time to relax can feel like too much effort, reinforcing a cycle of exhaustion.
3. **Sticking to familiar, albeit unfulfilling, paths:** The perceived effort of change can be a significant barrier, even when current circumstances are unsatisfactory.
4. **Sabotaging opportunities:** Unconsciously, we might undermine our own progress due to an underlying fear of what success might entail.
5. **Difficulty setting boundaries:** The "I don't want to" feeling can manifest as an inability to say no, leading to overcommitment and burnout.

The Roots of Resistance: Fear, Beliefs, and the Comfort of the Known

Why do we resist so fiercely? The answer often lies in our subconscious mind, a landscape shaped by our upbringing, past traumas, and societal conditioning. Fear is a primary driver. Fear of failure, fear of judgment, fear of the unknown – these anxieties can create a powerful inertia. We might believe we are not capable, not worthy, or that the effort required outweighs any potential reward. These beliefs, often formed early in life, become self-fulfilling prophecies. For instance, if a child is repeatedly criticized for their efforts, they may develop a deep-seated fear of trying, leading to a persistent "I don't want to" when faced with challenges later in life. The comfort of the known, even if it's uncomfortable, can be a potent force. Stepping outside our comfort zone, even for positive change, requires energy and can feel overwhelming, triggering our resistance mechanisms.

Cheri Huber: A Guide Through the Labyrinth of Resistance

In the realm of self-help and personal development, the name Cheri Huber resonates with clarity and practical wisdom. Her teachings, often distilled into concise and actionable principles, offer a powerful framework for understanding and overcoming resistance. Huber's approach emphasizes awareness, acceptance, and the power of conscious choice. She doesn't shy away from the difficult truths about our internal struggles but instead offers a compassionate and empowering path forward. Her work, particularly her books like "The Unconscious in Everyday Life" and "The Key to the Highway," delves into the mechanics of our inner world, providing tools to dismantle the self-imposed limitations that fuel the "I don't want to" cycle.

The Power of Awareness: Seeing Resistance Clearly

Huber's foundational principle is the importance of **awareness**. The first step in overcoming resistance is to recognize it in action. This means paying attention to the thoughts, feelings, and physical sensations that arise when we are faced with something we are reluctant to do. Instead of simply succumbing to the "I don't want to," Huber encourages us to pause and observe. What is this feeling? Where does it come from? What am I afraid of? This mindful observation, devoid of judgment, begins to loosen the grip of unconscious patterns. It allows us to differentiate between genuine disinterest and the habitual avoidance that stems from fear or other limiting beliefs. This is the critical juncture where we move from being a victim of our resistance to becoming an observer of it.

Acceptance: The Gateway to Change

A common misconception about overcoming resistance is that it requires brute force or willpower. Huber's teachings suggest a different path: **acceptance**. This doesn't mean resigning yourself to inaction; rather, it means accepting the presence of the resistance without fighting it. When you say "I don't want to," instead of immediately pushing it away, acknowledge it. "Okay, I don't want to do this right now." This simple act of validation can be surprisingly disarming. By accepting the feeling, you reduce its power. When you resist resistance, you often amplify it. Huber's approach to acceptance is about acknowledging the feeling without letting it dictate your actions. It's about recognizing that the feeling is there, but you have the capacity to choose your response.

Choosing Your Response: The Agency of the Present Moment

The core of Huber's philosophy lies in the power of **conscious choice**. While we may not always choose our initial feelings or impulses, we always have the capacity to choose our response. This is where the magic of "I don't want to" begins to dissolve. Once you've become aware of your resistance and accepted its presence, you can then consciously

decide whether to act in accordance with it or to choose a different course. This might involve:

1. **Taking a small step:** If the task feels overwhelming, break it down into the smallest possible action. The goal is to initiate movement, however slight.
2. **Focusing on the "why":** Remind yourself of the benefits of engaging with the task or goal. What is the deeper purpose?
3. **Practicing self-compassion:** Acknowledge that it's okay to feel reluctant. Be kind to yourself during the process.
4. **Seeking support:** Sometimes, external encouragement or accountability can help us push through our internal resistance.
5. **Reframing the situation:** Instead of focusing on what you **don't** want to do, consider what you **do** want to achieve.

Huber emphasizes that this isn't about forcing yourself to do things you genuinely dislike. It's about discerning between genuine incompatibility and the fear-driven avoidance that sabotages our growth and happiness. The essence is recognizing that even when you feel "I don't want to," you always have the capacity to choose a different action, even if that action is simply to observe your resistance with compassion.

Practical Strategies for Overcoming "I Don't Want To" with Cheri Huber's Guidance

Translating Huber's principles into everyday practice requires consistent effort and self-reflection. Here are some actionable strategies:

1. The "Notice and Name" Technique

Whenever you hear the internal voice whisper "I don't want to," pause. Silently or out loud, acknowledge it: "I'm noticing I don't want to do X." Naming it diminishes its power. Then, ask yourself: "What is this feeling really about?" Is it fear? Boredom? Overwhelm?

2. The "One Tiny Step" Method

If a task feels monumental, commit to doing just one small, insignificant part of it. Send one email, write one sentence, do five minutes of research. The momentum created by this tiny step can often propel you forward.

3. "What's the Worst That Can Happen?" Exercise

Explore your fears surrounding the task. Often, when we articulate our worst-case scenarios, they seem less terrifying and more manageable. This can reveal that the perceived stakes are often much higher in our minds than in reality.

4. "What Do I Really Want?" Inquiry

Shift your focus from avoidance to aspiration. Instead of dwelling on what you don't want to do, ask yourself: "What outcome do I desire?" Connecting with your deeper desires can provide the motivation to overcome resistance.

5. Practicing "Conscious Inaction"

Sometimes, the resistance is a valid signal. Huber's work doesn't advocate for pushing through every uncomfortable feeling. "Conscious inaction" means consciously choosing **not** to do something, but doing so with awareness and intention, rather than out of pure avoidance. This is about making a deliberate choice, not being driven by an unconscious urge.

The Long-Term Impact: Reclaiming Your Life from Resistance

By consistently applying Cheri Huber's principles, individuals can gradually shift from a life dictated by "I don't want to" to one guided by conscious intention. This transformation is not about eliminating all challenges or discomfort, but about developing the inner resilience to navigate them with greater ease and self-awareness. It's about recognizing that while resistance may arise, it does not have to control your actions or your destiny. The ability to consciously choose your response, even in the face of reluctance, is the key to unlocking your potential and living a more fulfilling and empowered life. The journey is ongoing, but with the tools and insights offered by Cheri Huber, the path to freedom from the tyranny of "I don't want to" becomes clearer and more achievable.

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Questions & Answers About i dont want to feel like it how resistance controls your life and what do about cheri huber

No	Question	Answer
1	I often feel stuck, like 'I don't want to feel it.' How does this resistance actually control my life?	This resistance, often a subconscious avoidance of uncomfortable emotions or thoughts, can dictate your actions. By constantly trying to escape 'it,' you might postpone important decisions, avoid challenging conversations, or limit your experiences, ultimately preventing personal growth and keeping you in a cycle of avoidance and dissatisfaction.

2	Cheri Huber talks about resistance. What's the core idea behind her teachings on how it controls us?	Cheri Huber's work emphasizes that resistance isn't just a feeling; it's an active process of pushing against reality. This pushing creates struggle and suffering. When we resist what is, we give that 'it' tremendous power over us, directing our energy and attention, and preventing us from truly living in the present.
3	I'm tired of resistance dictating my choices. What's a practical first step from Cheri Huber's perspective to start reclaiming control?	A fundamental step is to simply notice and acknowledge your resistance without judgment. Huber encourages observing the 'push' or the 'no' without immediately acting on it. This awareness creates a space for choice, allowing you to see that you don't *have* to be controlled by the feeling of not wanting to feel.
4	When I say 'I don't want to feel it,' what am I actually resisting, and how does that prevent me from moving forward?	You're often resisting discomfort, fear, sadness, or vulnerability. By avoiding these feelings, you're also avoiding the lessons they hold and the growth that comes from processing them. This can manifest as procrastination, self-sabotage, or a general lack of progress because the energy needed to confront and move through the feeling is instead spent resisting it.
5	What's Cheri Huber's advice for transforming this pattern of resistance into something more constructive?	Huber suggests leaning into the feeling instead of pushing it away. This doesn't mean indulging in negativity, but rather acknowledging its presence with curiosity. By gently turning towards what you resist, you can begin to understand its roots, diminish its power, and find that it often dissolves or transforms when met with acceptance, opening the door to more authentic action and peace.

I don't want to feel controlled by resistance, understanding resistance in life control, how to break free from internal resistance, Cheri Huber on overcoming mental resistance, reclaiming control from emotional resistance, resistance and personal freedom mindset, what to do when resistance dominates your life, Cheri Huber's approach to resistance and self-mastery, overcoming internal resistance and mental blocks, taking charge of your life beyond resistance

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