

ADVANCE SHEET



SUBJECT: **INTERMEDIATE CLASS A - ADVANCE SHEET #8**

DATE: July 4, 1996

TO: "NXChange" Program Students

Please read the presentation on **RESISTANCE** in this Advance Sheet (AVS) and complete the "TURN IN SHEET" (TIS) that is attached.

You are to have this TIS completed and ready to be handed in at the beginning of your next scheduled class.

At the beginning of the next class you may be given a 10 question "POP" quiz over the material included in the presentation in this Advance Sheet.

THE READ TIME IS 30 MINUTES.

IT SHOULD TAKE ANOTHER 20 MINUTES TO COMPLETE THE TURN IN SHEET.

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Director for Research & Development

READ SHEET:

During a vacation trip from Portland to Crescent City, California, with the children, I asked them to help me in formulating a list of behaviors people use when they are being resistant - not dealing with the issue being presented in a resolving manner. The answers are listed below with a brief explanation of their meanings. I felt the children did such a good job I've been using them as a handout to stimulate discussion.

It was not intended to provide this list so you can begin catching resistance mechanisms being used by others - as you and I have never used one of these and most likely never will. The list is primarily to help you can catch yourself using them and design what you will do when you encounter them in conversation.

As you think of different resistance mechanisms, write so I can add them to the list.

NOTES

DENIAL - I never did that. I never said that. That is not what I meant. It isn't true. It never happened. It's not so.

AVOIDING - I'd rather not talk about it. Not answering.

CLUTTERING - Introducing several other problems to the point the original problem is lost in the clutter of the other problems and is never resolved.

BLOCKING OFF - Cutting off the conversation so it cannot get to the point a person is trying to reach and therefore the problem never gets resolved.

JUSTIFYING - Presenting reasons why you did it or said it rather than looking at the dynamics of the issue. When the justification is not bought by others - using anger or hurt feelings as weaponry to reinforce the justification or escape to another form of resistance to avoid resolution.

BLAMING - Using guilt by saying it is the other persons fault you did it. A form of justifying.

TERMINATING - OK I'm (we're) just not going to ever talk about it again, and that's final.

DEPARTING - I'm leaving - good-bye. I'd like to talk about it but I have to go.

NOTES

EMOTIONALIZING - Crying, getting angry, withdrawing into hurt feelings to the point of not being able to converse intelligently about the issue.

INTELLECTUALIZING - Getting involved in logic statements or philosophizing to the point the conversation becomes bogged down in value judgments.

ELABORATING - Carrying a simple issue to the extreme to a point it kills the value of even trying to talk about it. Beating it to death by over-reacting to the weight of the problem - making mountains out of mole hills.

PROCRASTINATION - Putting off the issue until it is never remembered or worth discussing. Saying you are willing to talk about it and tomorrow never comes.

PLAYING DUMB/STUPID - Continuing to act perplexed or unable to comprehend the issue until it becomes exasperating to the person attempting to solve the problem.

TRANCING - Letting your mind wander off thinking about something and then saying I didn't hear you, could you repeat the last ten minutes - and then trancing off in a day dream again while the person is repeating the conversation. Going to sleep or acting so tired you can't keep on with the conversation.

CONTROLLING - Keeping the other person from ever saying anything by overriding them when they start to talk and monopolizing the conversation to avoid the issue

PLACATING - Saying you really appreciate the other person's position (when you don't) just to appease them into thinking you really appreciate their concern in trying to help you overcome the problem. It can often lead them to think they have closure on the problem and drop the conversation.

NOTES

PINGING - Oh say that reminds me of the time, a story or another thing and then going off the subject track to insert it in the conversation in an effort (deliberate or otherwise) to resist coming to the point. Failing to control attention and keeping to the track - pinging off!

SUPER PINGING - The other day I went over to the church and you know, I have to go through Emma's back yard to get there - you know she has a garden with the loveliest tomatoes. Her daughter planted them for her - the one who comes up from college every once in awhile - she is studying to be a nurse and plans to work at the hospital. They have the highest prices there, it's a shame the way doctor's charge, why the other day I had to go see Dr. Jones - he has the office down by the super market where they have that nice salad bar. But, like I was saying, I went over to the church

RELIGIOSITY - God made me do it. The devil made me do it. I know you think I shouldn't have been standing where the car would hit me, but, it was God's will. Refusing to take any responsibility for behavior by doctrinalizing it to death.

PARTIAL AGREEMENT - Attempting to agree to some minor point in an effort to get credit for taking responsibility for the whole thing. Complaining when someone tries to hold you responsible for the entire matter by saying I agreed to this point - what do you want blood! Accusing them of persecuting you with the issue when you have already admitted to it without ever admitting to the main dynamic of the issue.

CLINGING - Taking one issue that needs to be resolved and trying to talk about it forever rather than go on to more pressing issues. Wait a minute, I haven't got this thing straightened out in my mind and I don't want to go on till I'm sure we all understand the importance of what we just learned. This is my favorite subject.

NOTES

SCRIPTING - Well, I'm a male and that is the way male's think. But can't you see I'm a mother. I'm just a little kid you know, you can't expect me to understand this. Well, I'm a very energetic person and you'll just have to get used to it as I can't change my whole life just for you. Father always knows best. It's because I'm black, white, Indian, Mexican, older, from the old country etc.

I FORGOT - You can't possibly hold me responsible, I forgot and no matter how hard you try to get me to remember, I'm not going to remember. You're sure it was me? Come on, you must be joking.

GOING OUT OF REALITY - Used by people when they have done something really bad to avoid discussing and resolving the issue. Becoming psychotic, catatonic, neurotic, freaking out, hearing voices, breaking with reality, in any form rather, than face and resolve the issue.

PLEADING INADEQUACY - I just can't help myself. It is a natural trait I have - I was born this way. It's organic. You are pushing me too fast, I can't expect to change overnight you know. I just can't understand.

MY FRIENDS DON'T SAY THAT - Collecting a large number of fictitious people you know from everywhere else to raise the ante to where the numbers are greater than you or the people in the group no matter how large the group.

SELECTIVITY - I know we have a lot of issues to deal with but I am going to choose the one's I will talk about and you have no right to insist on my talking about any issue except the ones I want to focus on to avoid the critical path.

EXCUSING - I said I'm sorry, now let's not discuss it any further. Look, I said I'm sorry - what else do you want?

NOTES

EVERYONE ELSE DOES IT - I can't understand why you have singled me out of the entire world to get on my case. All the kids shoplift at some point in their life - it's just part of growing up. Drinking is a custom - What are you, a crusader? Well, billy doesn't clean up his room either - why don't you have him in here too.

HERE WE GO AGAIN - Do we always have to have these little talks? Haven't we been over this before? Won't you ever let go of that?

BORING - Let's get this over with, I want to get on with watching TV. Yawning. Looking at the time over & over.

FEAR - Afraid to really get into the issue as their hand or foot might fall off or they would fail in the effort and things would be worse than before. It's too sensitive to talk about. If we don't talk about it, it will go away.

**END OF LIST OF RESISTANCE
MECHANISMS**

T U R N I N S H E E T

ICA#9 CLASS _____ STUDENT'S NAME _____

Write out the **PROBE** you believe would yield the most effective result against each of these 25 resistance mechanisms.

1. DENIAL

2. AVOIDING

3. CLUTTERING

4. BLOCKING OFF

5. JUSTIFYING

6. BLAMING

7. TERMINATING

8. DEPARTING

9. EMOTIONALIZING

10. INTELECTUALIZING

11. ELABORATING

12. PROCRASTINATION

13. PLAYING DUMB/STUPID

14. TRANCING

15. CONTROLLING

16. PLACATING

17. PINGING

18. SUPER PINGING

19. RELIGIOSITY

20. PARTIAL AGREEMENT

21. CLINGING

22. SCRIPTING

23. I FORGOT

24. GOING OUT OF REALITY

25. PLEADING INADEQUACY

Be prepared to discuss your opinion with the other members of the class.

TURN THIS SHEET IN AT THE BEGINNING OF YOUR NEXT SCHEDULED CLASS.

