



working with *resistance*
THE JOURNAL

THE PRACTICE WITH DAPHNE LYON

WHERE IS RESISTANCE

showing up in my life? Within my relationships, work, creativity, finances, or spirituality?

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HOW IS RESISTANCE

showing up? What does it look, sound, and feel like? Where do you feel it physically in the body?

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WHY IS RESISTANCE

showing up at this moment?

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WHAT IS MY RELATIONSHIP TO RESISTANCE

When resistance shows up in my life, what do I do? How do I feel?

What is my unconscious habitual story I tell myself and action I take?

WHERE THERE IS RESISTANCE THERE IS GROWTH

What growth is taking place in my life? What am I letting go of to make space for that growth?
