

# Morning Resistance Investigation



Date: \_\_\_\_\_

**The resistance I'm experiencing:** Describe what's happening (skipping practice, shortened practice, mechanical practice, etc.)

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**Physical sensations:** What do I notice in my body when resistance arises?

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**Thoughts and beliefs:** What thoughts accompany this resistance?

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**Emotions:** What emotions are present with this resistance?

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**Contributing factors:** What circumstances might be influencing this resistance? (sleep, stress, schedule changes, etc.)

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**Wisdom in the resistance:** Is there something my resistance is trying to tell me?

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**Skillful response:** How might I work with this resistance wisely?

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**Action plan:** What specific steps will I take to address this resistance?

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