

Resistance

Tilt Podcast | Fall 2018

Debbie Reber & Seth Perler

Hi there! Seth Perler here from SethPerler.com. If you're reading this, you heard the recent TILT episode about Resistance, with Debbie Reber and myself.

Below are my notes from the podcast. They're not fancy, it's a rough outline, but I hope you find them helpful.

Also, feel free to sign up for my updates and free video minicourse "Student Success Toolkit" at sethperler.com.

GOAL:

By end of this podcast, parents will know how to have an easier school year by:

1. Starting the school year understanding all about resistance
2. Having tools around it

What is resistance?

When we "don't do what needs to be done."

Avoid **non-preferred** action, deny, procrastinate, put off, lie about it, forget about it. Could have great intentions, but...

Overwhelmed, don't even know where to start.

What we resist (in broad terms)?

Resistance is a problem when: We resist execution on non-preferred activities that are in our own self-interest!

It's easy to execute when it's preferred, when we want to, when it's fun, when it matters to us, when it has personal meaning and relevance, when it's a habit.

How it hurts us?

Self-sabotage. Interferes with launching a great future.

Why it matters?

"Educare" means to raise children or bring up. Resistance affects future goals for YOU: You want to be happy, successful, healthy, reach potential, open doors, go for dreams, attain goals, have unlimited possibilities, launch, learn to get stuff done, execute.

2 journeys to consider:

A to B: Not doing stuff for self > doing it

A to B: Where student are now > launch great future

Persist. No magic bullet, sometimes big breakthroughs, but generally takes a LONG TIME and PERSISTENCE.

What resistance looks like?

Learn to identify the resistance voices, limiting beliefs, inner critic.

Excuses to resist execution:

I don't wanna, this is stupid, it's too hard, this is no fun, why do i have to, why are you making me, you always..., you never let me ... I hate this, teacher hates me, I'll do it later, I'll remember, I promise, just leave me alone, get off my back, perfectionism, not perfect or good enough so I'll avoid starting, continuing, finishing, turning it in, why even try? Boring and uninteresting, mundane, not seeing the point.

Are adults motivating students with typical approaches?

Punish, reward, use logic, reason with them, yell, stern, silent treatment, contracts, agreements, tell them to be more disciplined, motivated, try harder stop being lazy, just stop procrastinating.

These approaches don't get to the root of the problems and if they do any good, it's usually just temporary.

More about what we resist:

Homework, reading, truth, forthcoming, planners, org, advocacy, ask for help, receive help, starting, chores, responsibilities, studying, doing work in a place where one can actually focus, writing papers, projects the night before, wait too long for schoolwork, job apps, college apps, paperwork, etc..

Resist complex, non-preferred, multi step, tasks - like getting drivers license, many small non-preferred to get to a preferred goal.

Why learn about resistance?

Purpose, educate, so we can help kids launch, so they have freedom, choices, opportunities, so they can serve with their strengths, interests talents, passions, gifts.

What if you don't learn to execute, to overcome resistance?

Limit choices in life, fewer opportunities, not free, limit self-actualization, not meeting potential, not feeling "successful."

When resistance makes sense:

1. Self care
2. Lack meaning in work, busywork
3. Feel teacher dislikes you
4. Something really is off, listen to gut

HOW TO DEAL with resistance that “*doesn’t make sense*”

1. Child must have ownership, buy in.
2. Don’t believe everything you think - inner critic, story, narrative, brain responds to stress, like clouds, let them pass, they are NOT you, just thoughts, amygdala.
3. These are emotional experiences, NOT just willfulness. Know that you feel it in the body, nervous system, feels constricting. Notice the body, brain perceives threat, amygdala doesn’t know any better.
4. Mindfulness is key: Conscious, awake, self-aware, metacognitive, introspective, reflective
5. Be the watcher: Notice, observe, mindful, listen, watch, respond vs react
6. Reframe: Challenge yourself to do thought experiments, “what if?” What if it’s the opposite of what I think? What if it turns out awesome? What if I don’t get what I want and it turns out good anyhow?
Reframe: Choose attitude, what’s the best possible attitude?
7. Do best then just do a tiny bit better better. Know when to leave well enough attitude. It’s not about perfection.
8. Foundations: sleep, eat food, exercise, breathe.
9. Address other possible hidden things: traumas, sensory, allergies, etc.
10. Just ask! And listen. Wait time.
11. 1% rule, 1000 steps, baby step, mm, how to eat an elephant?
12. DON’T LOOK FOR MOTIVATION, It’s about developing skills for how to do it anyhow. Concrete vs abstract You aren’t learning to NOT procrastinate, you or to NOT be unmotivated, frame is positive, what ARE you doing? Learning to execute anyway.
13. Use a timer. A lot.
14. Where do you start? Make a plan.
15. Routine/habit , with habits we don’t think, don’t decide.
16. The things to grow: Passion, gift, interest, weave in these things into execution to make it more meaningful whenever possible.
17. Post inspiration, reminders. Visuals.
18. SSS - Sacred study space & routine, just sit there at the time, take time to prep, it counts.

19. Attitudes, know why you're there, launch, we need you, you've got work to do here.
20. Know it's not you, just thought.
21. Know you're not alone, even great executors struggle and successful people have learned to master it or work with it.
22. Don't get ducks in a row, perfect before doesn't work.
23. Do it anyhow, not try to "get rid of" resistance.
24. Advocate, tell teachers time it takes you, need a life.
25. Apologize.
26. Unitask.
27. MODEL Notice yourself whining - when we complain we don't do when we do we don't have time to complain
28. Pause, breathe, smile, get present, recalibrate compass.