



Resistance Archetypes

No matter what behavioral or physiological form your resistance takes, it can often show up as one or more of the following archetypes or internalized characters. As you read, feel into the distinct energies of each archetype and notice which feels most familiar to you.

The Flake

The Judge

The Know-It-All or The Teacher

The Victim

The Martyr

The Confused One

The Codependent or People Pleaser

The Needy One, who is totally insecure and can't do anything without a hand to hold

The Rebel

The Addict, who suddenly wants to binge or get high

The Good Girl or Perfect One, who always does what's expected of them and never rocks the boat



This last archetype in particular, The Good Girl or the Perfect One, is the nemesis of creativity, because they're unwilling to make any mistakes.

Most people can relate to more than one of these archetypes, but there is usually one who is clearly dominant. This is your Inner Critic, and we all have one--even those of us who have been writing and standing in our truth for years or even decades, who have achieved all kinds of success and positive recognition in the world.

It might seem like a terrible thing to have an Inner Critic, this internalized negative or thwarting voice whose whole goal is to keep us from taking transformational risks. But once you have identified a concrete, trouble-making "other" part of yourself, you can enter into dialogue with that part to get at the root of the resistance and find a different path forward.