

### Resisting Change

You are likely to resist change because it creates chaos and conflict. Change riles things up, bringing out emotions you are not used to or comfortable feeling. It also means you are striking out into dangerous territory – the unknown. Your mind may panic at the thought of having to change comfortable patterns of negative behavior to more positive ones. If you take a good, honest look at your behaviors, you will probably discover some common resistance tactics.

### Identifying Your Resistance Tactics

**Delay.** Do you often procrastinate or forget things that you wanted to do so much? “I can’t go to the beach today. I’ll go next week, next month, next summer, when I am thinner.”

**Denial.** Do you see problems in everybody except yourself? “My friend thinks the reason she doesn’t have a boyfriend is because her nose is too big. She really should see a therapist.”

**Blame.** Do you always blame either yourself or someone else for keeping you back or stopping you from making positive changes in your life? “My mom never told me I was pretty. It’s her fault I have such a bad self image.”

**Rationalization.** Do you tell yourself every reason in the book – except the real reason – why you are not willing to change? “I can not wear straight skirts because I need to project a professional image.”

**Avoidance.** Do you get sick, lose things, arrive late to avoid confrontation that feel threatening? “I forgot to bring any lunch today. There’s nothing low calorie that I can buy, so I may as well splurge and have a pizza.”

### Overcoming Resistance

Once you figure out which resistance tactics you have been using, it will be easier for you to catch yourself when you are in the act of resisting. The first step is to admit you are resisting something. Next, set modest goals that you think you can achieve. Expect that you will succeed, and concentrate on your progress, not your setbacks.

Start to act. Action makes you feel less helpless and more powerful. If you decide that you want to start an exercise class – then do it. You will discover that resistance keeps you stuck in once place, but action serves as a catalyst, moving you forward toward more change. If you change old behaviors gradually rather than all at once you are more likely to succeed. Your mind and your body need time to adapt and adjust to these new changes.

### Celebrate the Change

You will notice as you work toward changing your negative body image that it never really mattered how your body looked. What mattered most is the way you viewed it – how you thought others saw it. Whereas before you looked at yourself with self-rejecting eyes, you now view yourself with self-acceptance, with generosity and forgiveness. Look in the mirror and say to yourself. “I like myself just the way I am!” then celebrate the changes that helped you to realize that you can love your body and yourself.