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CONVERSATIONS WITH SELF

What resistance does

How can you work around resistance and rather than baulk at it?

Why do we resist? Because, we are scared, because we don't know if we will benefit by accepting something, because we have low tolerance for ambiguity.

When you resist, you are told you are negative. Not true. Gestalt psychology says that 'resistance is not just a dumb barrier to be removed, but a creative force for managing a difficult world'.

The philosophy terms resistance a 'creative adjustment', a difficulty to change or shift, yet a keenness to do so. You resist because you are human!

How can we help each other work around resistance rather than baulk at it? You want what you are resisting, though you believe there is something in it for you, because you are afraid of novelty. You are caught in the twilight of indecision.

Embrace change

So, start off by assuming that you need encouragement to work through this resistance. You need help to embrace it, not forced to overpower it. Attempts to overpower lead to friction, and friction causes burn. As you are afraid of being burnt, you defy.

People do not move from one state of being to another until their present state is fully experienced and accepted. When you learn to appreciate your current state and recognise that you will benefit only by shifting, you will gladly, or even with difficulty, accept change.

Thus, the resistance is caused not because of denial or unwillingness, but due to lack of understanding. Couching words in a language you comprehend will help diminish resistance.

We should not view resistance as a massive wall that must be destroyed. We forget that there are people behind the wall, and when we try to destroy it, they fight back. Often, our efforts only succeed in making the wall stronger.

Yet, there is hope embedded in resistance. It slows or stops movement, and sometimes, protects one from harm. Take, for instance, a numb hand attempting to open a jammed door with a key in the lock. The hand turns the key until it bleeds; yet, the door does not open, for the lock is secure. If the hand could feel pain, it would've withdrawn when the door resisted and attempted other ways to open the lock. Resistance causes pain, and pain causes growth.

Therefore, resistance is not something that we need to fear. Instead, look at it as the messenger that tells us there is some aspect in us that requires attention, awareness and action.

(The writer is an organisational and behavioural consultant. He can be contacted at ttsrinath@vsnl.net)