Challenging Your Clients to Know Themselves and Conquer the Resignation in their Lives

In order to assist your clients to gain a better understanding about themselves, encourage them to look at what is most apparent to them about others. Remind them that whatever they focus on in their relationships is usually true about them personally. Request that they look particularly at what they find to be true and most annoying about others. These issues are typically their very own issues. Instill in them that they will be most likely to notice in other people those things about themselves that are most in need of examination.

Your clients’ issues around the quality of their lives often have little to do with actual circumstances. Their interpretations about those circumstances govern their perceptions.

Notice how often each of your clients may be unaware of their ability to choose differently, opting instead to be a victim living in an invisible catatonic state of resignation. Point out also whenever you see that they may become numb to and eventually take for granted the things they find distasteful about their lives. If you see them adopt the attitude that ‘this is just the way things are and we are powerless to change them’, suggest they take a different interpretation that supports their personal power instead.

Encourage your clients to contrast their resignation with the spontaneous vitality and anything-is-possible attitude that children possess. Invite them to look at how many children want to be astronauts or president of the United States when they grow up.

Little by little over the years many people lose their belief that they can be, do and have anything at all they desire. Most adults live in a state of profound resignation. As they settle time and again for less than they deserve, they become lulled into a condition whereby the confining box they’ve built around themselves soon begins to feel all too comfortable and familiar, too much like home. As Norman Cousins said, “The true tragedy in life is not death but that which dies inside of us while we are still living.”

Resignation is characterized by playing it safe and quitting when the territory begins to appear too foreign or intimidating. It means your clients will likely choose to look good rather than risk expanding when the mere possibility of failing arises. Resignation comes from the habit of living and speaking only what they know instead of playing at risk outside their comfort zones. Remind them that it is only when they decide to live from a commitment to continually grow and expand,
instead of focusing on themselves, that their concerns will appear petty and will be handled in light of their stronger commitments.

Whenever your clients become resigned to the status quo, they are not being responsible for stepping into their power. Notice when their communication shuts down or when they fail to hold themselves as competent and powerful. Resignation translates into blindness for exploring possibilities. Like Dorothy in The Wizard of Oz, your clients will fail to realize that they hold the power to return home to Kansas, the land of their dreams, any time they want to. All it takes to return them to moving forward is the realization that they are totally responsible and capable of changing any situation that does not serve them.

Here are some exercises to support your clients in conquering resignation and living deliberately:

1) Help your clients to identify where they are resigned in life. Where have they settled for anything but the best?
2) What is the source of their resignation?
3) Where do they hold themselves as unworthy or incapable of change?
4) What bold actions can they take today to shift this false self-image?
5) Brainstorm with them several possibilities that they had not considered to impact their resigned situation. Request that they write their insights in their journal.