

RESISTANCE

Sailing is using the resistance of the wind to get to where you want to go. Without the resistance the boat would not move. So, the resistance is positive. It's all a matter of understanding how to use the resistance to accomplish your goal. It's the resistance that gets you to your goal.

How often do you experience resistance? How often do you create resistance? How do you handle resistance?

Resistance is good, positive, and beneficial for everyone.

When someone resists you and questions you, it sharpens you. You have to have your facts straight. Knowing that someone will resist you makes you do the additional work to be sure you are correct and justified. That fear of resistance, and what it takes to overcome it, forces you to be more thorough, and therefore, make a better decision. Your resistance helps others. You will either help them to see the problem with their recommendation or, if they have done their homework, you can learn something new.

Resistance is normal when it involves change. People do not like change; and the natural instinct is to resist it. There is great satisfaction in positive change, and the resistance is usually the force needed to motivate you to make the effort.

When your first efforts are resisted, you have the opportunity of refining your efforts and improving your recommendation to reduce or eliminate the resistance. This extra effort will reward you in a better result. It would not have been if you had not encountered resistance.

Sometimes resistance will prevent you from making a big mistake or failing. Yes, someone, sometimes, knows better than you. Or, at least me. There are too many stories I can tell of resistance from others that saved me from myself. Now, be honest, how many stories can you remember when it happened to you?

Resistance is good for all involved. It raises the bar on the subject at hand.

I had a wonderful professor and enjoyed watching him. His resistance was in asking questions. Sure enough, if you were wrong, his resistance, in the form of questions, invariably lead you down the path of finding out you were wrong.

Now, what about the resistance of a spouse? Spouses are not always right, but they are also not always wrong. Right?

Resistance motivates people and inspires them. If you are going to think, you might as well think big. The bigger the thought, the bigger the possible resistance. Hence, the more you can do and accomplish.

Next time you are facing resistance, accept it, smile at it, and know there is a great value and learning in it for you. You will be better off, you will do more, and you will accomplish more with resistance. You will also be proud of your accomplishment.

Should you tell them their resistance helped you?