



Episode #123:

**Back-to-School Special:
Seth Perler Talks with Asher About Resistance**

August 28, 2018

- Seth: A lot of people get stuck because they think I need to get everything perfect before I start.
- Asher: That happens to me all the time.
- Seth: Yeah. Yeah. It doesn't work. Can you imagine if Jimi Hendrix was like, oh, I need to be a great guitar player before as anybody ever sees me? No. He had to go out and not be great in order to get good.
- Asher: Yeah, it's like, first it's like step one become greatest guitar player of all time. Step 1, go on tour.
- Seth: And it does not work like that.
- Asher: It's like step one, be the best ever step to do things. It's step one, be okay. Do things. Be better.
- Seth: Get better. Exactly, exactly.
- Debbie: Welcome to the TiLT Parenting Podcast, a podcast featuring interviews and conversations aimed at inspiring, information, and supporting parents raising differently wired kids. I'm your host, Debbie Reber and I'm excited to be bringing back to the show one a listener favorite for two back to back episodes again, renegade teacher turned executive functioning coach and education coach Seth Perler. Seth and I are trying something new for these two episodes. We are going to be tackling a subject that likely impacts every single member of our community, and topic is resistance. Resistance is a big and complicated subject, and it's something I know many of us as parents not only see in our kids but are concerned about how to help our kids push through that resistance to be able to develop skills and grit and accomplish the things they'll need to do in order to develop into thriving adults. We wanted to cover this topic in a significant way, so here's the plan.

The first of these conversations, the episode you're listening to right now, is designed for kids. In fact, I'm not even in this episode at all, because what you're about to hear is a conversation between Seth and my son Asher, newly 14 years old, and a person who is fairly familiar with resistance. Of course, parents, caregivers, and educators will get a LOT out of listening to this too... I know I learned a TON by hearing Asher's end of this conversation. Then next week, I'll release Part 2, in which Seth and I revisit resistance, highlight the ways this shows up in our kids, and talk through more about how we can support our kids through it. I'm really excited to share these episodes with you. Like all of the conversations I have with Seth, these are gamechangers. So grab your kiddos, get comfortable, and have a listen! And if you haven't heard them yet, I suggest you go back and listen to the deep dives Seth and I have done on executive functioning in past episodes. You can find links to those episodes on the show notes page at tiltparenting.com/session123.

Lastly, Seth has also created a special page on his website just for TiLT listeners, and on that page you'll find a special PDF that Seth has made highlighting the key takeaways from this episode, a special discount code for listeners for Seth's new online course Upgrade Your Grades Student Success Program, and more. You can visit that special page by going to sethperler.com/tilt

And before I get to the episode, if haven't had a chance to check out my new book *Differently Wired* and you want to see if it's for you, don't forget you can download the first chapter and table of contents at tiltparenting.com/book. And if you have read it already and liked what you read, I would be grateful if consider leaving a review on Amazon, and or GoodReads...More reviews means more visibility for the book and I want to make sure the people who would benefit from its message can easily find it. Thank you so much...And now, here is my conversation with Seth!

Seth: Hey, what's up everybody? My name is seth from sethperler.com and I'm here with Asher Asher. How did we know each other?

Asher: Well, I am a frequent interviewee on the TiLT Parenting Podcast.

Seth: That's right. And I've been on TiLT before today. Well, we had this idea. Debbie and I were talking, Asher's mom and we were talking about maybe we should do an episode with Asher, like a back to school episode and talking about a very unusual back to school topic and you remember what the topic is?

Asher: Resistance.

Seth: All right. Asher, what do you know about resistance?

Asher: Well, it's just what prevents you from doing something when you want to do it and you just don't feel like it, but you still want to have it done. Yeah, you want to have something done but you don't want to do it.

Seth: Yeah, you want it done, but you don't feel like doing it and that can cause some big problems in life. So Asher and I are going to talk today here and we're going to go in some depth about this and what we're going to try here with this "interview" or discussion or conversation is my goal for you, the listener and for Asher, is that by the end of this podcast, students are going to know how to make school easier this year and the way that they're going to do that is by understanding the resistance better and having tools to move around it. So Asher if your school year went really well, like it was a 10 out of 10 this year. What would that feel like for you?

Asher: Well, I don't know. I guess I'd just do things that I feel like doing and it would be easier than I thought they would be also.

Seth: Good. That's my goal and that it is easier. Um. All right. So I'm going to talk a little about, about what the resistance is and then Asher, if you want to interrupt me at any time, please do. And then after every section I go through in my document, so for the listener out there, I'm going a document that I created, after every section

on this document, I'm going to ask Asher what he thinks, but Asher obviously feel free to interrupt me. Sound good? Yeah. Alright. I'm going to break down a little bit about what the resistance is. I'm going to do this by telling a story and this is a story about two dogs. So there are two dogs and a park. And this one dog is running around in circles just over and over and over trying to chase his tail and the other dogs, this old wise dog and he's looking at this dog and he's going, what in the world is that dog doing?

Seth: So he stops and he says, "Dude Dude, dude, stop. What are you doing" And the dog stops for a second. He's all excited. He's like, "Well, I'm trying to catch my tail." And the old wise dog says, "Well, why are you trying to catch your tail?" And he says, "Well, at the end of my tail is happiness and if I can catch my tail then I'll be happy." So it goes back to. And he was running in circles, running in circles. He's trying to catch his tail. And finally the old dog says, "Whoa, Whoa, Whoa, dude, stop." He says, "I got an idea for you." He says, "Why don't you put one foot in front of the other and happiness will follow?"

Asher: Ah.

Seth: It's a different way of looking at things. And what happens with resistance is we have these things that we have to do for ourselves that are good for our own self, but we don't do them. And then we ended up chasing our tail in life, even though things in our life are not working, even though it's making things harder, we continue chasing our tail by resisting and resisting and resisting doing things that are good for us and it only holds us back. But if we do take action and put one step in front of the other, happiness will follow. Good story?

Asher: Yeah, because I mean you don't get happiness by wanting happiness, you get happiness by wanting to do other things and doing them. The happiness is kind of just a byproduct.

Seth: You are wise, man.

Asher: Yeah. Happiness is a byproduct of success.

Seth: I like it.

Asher: You don't succeed to be happy. You succeed to succeed and then you become happy.

Seth: Yeah. You're happy in the process. Hopefully. It's not like we get all this stuff or we get everything in place and then we achieve a state of happiness. It's like you want to enjoy the journey. And resistance prevents us from getting this quote success thing.

Asher: Yeah. It's like, why do I need to succeed? Why can't I just be happy? Why can't I just be happy without having to do things?

Seth: Yeah, and the problem with resistance is that there's this thing called executive function which has to do with the brain and the brain helps you to execute these tasks and the brain helps you to execute on all kinds of things like playing guitar

for example. For me that is execution. That is executive function. That is doing something, but I don't resist playing guitar because it's a preferred activity. The resistance is only a problem when it's a non preferred activity, but that's in your own self interest. So for example, let's say you want money and you're going to mow some lawns and rake some leaves or shovel some snow.

Asher: Yeah. You're going to have to work. You have to work for money, don't you?

Seth: Right. So it might not be a preferred activity, but you want the preferred outcome. Right? So we only resist when it's a non preferred activity, but if it comes to something that you like, like video games or playing music or hanging out with friends,

Asher: Yeah, but if it's like getting out of bed in the morning, then...

Seth: Yeah. Is that hard to execute on?

Asher: Sometimes? Definitely when I'm. When I've had a bad day.

Seth: Yeah.

Asher: Like why get up then I'll just have another bad day.

Seth: Yeah. So sometimes it's easy to execute when you want to. When it's fun, when it matters or when it's a habit, you may or may not be at a place where like you just brushed her teeth because it's a habit and you don't think about it even though it's not preferred. Once you make something a habit that's not preferred, it's way easier to do. So we have all kinds of things like that.

Asher: I've done that with brushing my teeth for example.

Seth: What...resisted it?

Asher: Well, yes. And then I made it a habit.

Seth: Exactly. So the resistance can fade away.

Asher: Yeah. If you've got to work every morning, maybe you won't hate so hate work so much as when you went for the first time.

Seth: It does. It really does get easier. Like you begin to stop resisting and then life gets easier. It's kind of dumb. Like why? Like what? What purpose does it serve?

Asher: I suppose just to prevent you from being too hasty.

Seth: Tell me more.

Asher: If you're doing something that's risky, resistance might help prevent you from.

Seth: Oh, you mean that there isn't. There are times when the resistance is good?

Asher: Yeah. That's probably one benefit though.

- Seth: Yeah. Well, there are some benefits and I'm going to go through lists of those, but that's a really good point. So let's get back to that point. So you're saying if something's risky and it might actually be—
- Asher: It makes you add more weight to tasks that are unpleasant, that you consider them more.
- Seth: Yeah. Yeah. So the, the human body that creates this resistance. The purpose is supposed to be good. Your body is trying to protect you. It's just that it's almost like the mind gets in the way and causes you to resist things that are actually good for you. When the brain is trying to say, no, this isn't fun, this is bad. So there's some confusion there. So we have to learn to work with this. So the next thing I want to mention is how does the resistance hurt us? And what it does is it self sabotages us, which means that we get in our own way. Have you ever heard that before?
- Asher: Yeah, it's like laziness in that context.
- Seth: It's definitely related and what you want is you want to be able to launch a good future so that's what you really want and if you keep being resistant—
- Asher: Ideally you would have a lot of resistance and a lot of ability to overcome it so that you'd know whenever say no, something was risky in my example, but you give more weight to more difficult things, but you could still do them easily if you want.
- Seth: Exactly, we quote, ideally like you said, the ideal is, is that we can sort of sift through when is the resistance good, when is it bad, and then when it, when it is not working for us, how do we move through it? Ideally we're able to move through it.
- Asher: Yeah. Because no resistance at all, like someone asked you to do something that's incredibly difficult and you're like, oh yeah, sure. And then you spend months doing it just because they asked you to.
- Seth: Yep. And you're wasting your time and your energy and your life.
- Asher: Yeah.
- Seth: Yeah. And then. And then you don't feel like you've succeeded when you're done, you feel like you just wasted all your time and that is not the point.
- Asher: You don't do things you shouldn't be doing, but you don't do things you shouldn't be doing either.
- Seth: Yeah, and why it matters is hopefully your, your future goals are for you. Like you want to be happy and successful. Like you said, healthy. You want to meet your potential, open doors for yourself, be able to go for your dreams and goals, have a lot of possibilities in your life and you have to be able to execute. And

what do you want to do in your future? Have you thought about that? Are there a lot of things?

Asher: Well, I'd want to help science in some way.

Seth: Like what do you like?

Asher: So ideally that would be being an astronaut, but...

Seth: Right on. Cool. So if you want to do that, we're going to have to get through a lot of resistance to a lot of things. So in terms of moving through the resistance there sort of these two journeys moving from a to b, one is you got to move from point a to point b. If you're someone who is very resistant, you are not doing stuff and you have to become a person who does stuff and the other one is you have resistance. You want to get from point a to b point a is where you are right now. For example, you're 14 and you want to get to a point where you're 18 or 22 or whatever and you're like launching a great future. Right? So in terms of the resistance, there's like these different ways that it looks like, but one of the things that you want to do is identify the voices in your head, the limiting beliefs or what's called the inner critic. You've heard of this before. Do you know how your sounds?

Asher: Not really. It's generally just like feelings that things I'm doing are pointless.

Seth: That's a good one.

Asher: A general feeling of pointlessness and I would say.

Seth: Tell me what you think of these. Okay, here's what I have written down. I don't want to. This is stupid. It's too hard. It's not fun. Why do I have to do this anyway? Why are you making me do this? You always blah blah, blah. You never let me do blah, blah, blah. I hate. This teacher hates me.

Asher: What's always a really great feeling is when you're basically just completely ignoring your inner critic and it's like, Ah, you shouldn't be doing this ah, this is stupid and don't do that, and you're like, it's like whatever. I'm hungry. I'm going to go have breakfast. It's like, no, don't get out of bed. Just have another bad day, whatever. It was very satisfying not to listen to your inner critic. It's one of those things that seems like it's bad, but then when you do it, it's good, but then as soon as you stop it seems bad again. Like sitting up straight, You know, if you sit up straight and actually feels a lot better, but you don't want to sit up straight and you slouching even though it's nicer.

Seth: Yeah. You resist. So how do you do that? How do you work with your inner critic? How do you tell it to be quiet or how do you ignore it or how do you do the thing anyway?

Asher: I just take like a mind over matter approach.

Seth: And what's that like?

- Asher: It's basically like I don't have to listen to you. I'm in control here.
- Seth: I like it.
- Asher: And I say I'm going to get out of bed.
- Seth: And does that work all the time?
- Asher: Generally, yeah. Except when I'm not in a good mode.
- Seth: Okay. So I have more examples of it. You want to hear these?
- Asher: Yeah.
- Seth: Of like the inner critic or like the limiting voices and stuff like this. Okay. So you might tell your parents or somebody might tell their parents and I'll be like, no, I'll remember. I'll do it later. I swear. I promise I'll do it later. Just leave me alone. Just get off my back and then people get into perfectionism and so they like, oh, it's not perfect enough or it's not good enough, so I'm not even going to start or I'm not going to continue or I'm not going to finish or I'm not going to turn it in or why even try in the first place.
- Asher: I'm kind of a perfectionist, but the opposite thing happens that I start projects and then I spend long periods of time getting everything perfect.
- Seth: And then do you finish sometimes?
- Asher: Yeah. Generally smaller projects more but not that often.
- Seth: So does the perfectionism work for you in some ways and not in others?
- Asher: Yeah. Like for example, yesterday I was playing Minecraft and I needed to build a farm, so then I spent two hours designing, trying to figure out the most efficient layout or farm for every type of crop. Yeah. And while that was useful and I did finish it, I don't think it was the best way to spend two hours.
- Seth: So while you were not being resistant with Minecraft, you may have been resisting the other things that were a better way to spend your two hours for your own future, possibly. Is that what you're saying?
- Asher: Yeah, I don't know.
- Seth: What other things do you resist that you shouldn't?
- Asher: I'm generally, yeah, I would say generally just things I don't want to do yet.
- Seth: Like what?
- Asher: You know, like if I'm working on a project and there's some part of it that's not very fun to work on, it's just sort of tedious. But if I don't finish it then I can't

finish the project. A lot of times I'll just leave the project like that for weeks because there's something else rather be doing.

Seth: Is it like a school project or a personal project or what?

Asher: Both kinds.

Seth: So either either type of project, whether it's for you or school, it's something that is not engaging you. It's not fun for you.

Asher: Yeah, generally. Well, I just resist the not fun or engaging parts so I'll often abandon a project three quarters finished...

Seth: because you get to a part...

Asher: Because I just didn't feel like doing this one thing for too long and then forgot about it.

Seth: That's a really good point. Yeah, that can interfere. So when you have a big goal in life. Actually one big goal that people get stuck on that I see a lot with the students that I work with when they're teenagers and they're looking for jobs, they want a job, but they don't want to do the application process because it's annoying and it takes a long time. It's not fun. So that's an early part of the project, but it's kind of an important part. So what else do students like? People your age resist?

Asher: I Dunno. I generally think school work, homework, chores, things.

Seth: You got it. And do you know anybody who resist telling their parents the truth about stuff?

Asher: No.

Seth: I do.

Asher: Not that I know of.

Seth: Yeah, a lot of times if somebody is struggling in school like let's say that they need help with math, they're going to resist advocating for themselves and asking the teacher for help or asking their parents for help...

Asher: Because then they'll have to work harder on math.

Seth: Exactly.

Asher: Because if you want to get better at something, you have to work harder. I would say my biggest area of resistance in general is learning Dutch because I feel like I'm not getting anywhere and for five years and I'm still, I'd say, okay, at Dutch. I'm not fluent. I can't have a conversation with Dutch people. But I really do like the idea of knowing another language.

Seth: But you resist doing what needs to happen.

- Asher: Yeah, because I feel like it's not worth the effort.
- Seth: Do you think you're right about that now?
- Asher: No, almost nothing is not worth the effort.
- Seth: So that's just that part of your brain. That's just the voice that's not telling you the truth.
- Asher: Yeah.
- Seth: Yeah. Well, here's some things that people resist. Let's tell the audience about this. One is homework, like you said, sometimes telling the truth because then they'll have to deal with it. Like you said, being forthcoming using planners or organizing. Asking for help. Letting people help them. Getting started. Chores and responsibilities, studying actual studying, actual reading, like actual taking time to read, writing papers. A lot of times they do like projects the night before.
- Asher: I don't have a problem with studying, but I have a problem with finding things to study.
- Seth: How does that work? Because you're in a different school situation?
- Asher: You know, like I don't mind reading articles about things and books and essays and things, but I don't like having to find. I don't like having to find things to study, but I don't mind studying them
- Seth: Because it's kind of tedious. Yeah. You don't like tedious things, do you?
- Asher: No, I don't tedium.
- Seth: I don't either.
- Asher: I don't think anyone does.
- Seth: Some people do, some people are really good at it. They like just being able to just execute on simple tasks that are tedious. Some people are really good at it.
- Asher: It sounds awful.
- Seth: It sounds awful to me too, but some people are really good at it. Now. What's really important for me and you is to learn to work with these people and to use our strength while they use their strengths. And then we do. Yeah, the other parts of it that we are good at. So anyhow, like you were saying before, actually I had this idea of like getting a driver's license. Like it's a complex task and there's a lot of small nonpreferred things that people have to do to get the preferred goal of like being able to have like a driver's license. You have to like take a driver's test, you have to practice, you might have to get a job to be able to afford a car, you have to get car insurance, get the driver's license, do a lot of paperwork. So to get the thing that we want, there's all, like you said before, you said you might

get 75 percent through something, but then there's the part of it you don't want to do.

Asher: Yeah. And then it just stops. And maybe if you're lucky, you'll feel like, like doing it one day or at least feel less like not doing it one day. And if you're unlucky, you'll just forget about it.

Seth: What do you think it does to someone's life who doesn't learn to work with the resistance?

Asher: Well, they could never. I wouldn't think they'd be able to finish anything important.

Seth: So what would adult would be like for them?

Asher: Well, they probably wouldn't be able to. They probably wouldn't be able to get any job other than a tedious job because they wouldn't be able to stick with anything education related.

Seth: Good point.

Asher: They'd probably have a tedious job and then they'd be miserable.

Seth: Yeah. So they actually want to be successful, but they're avoiding doing things that are not fun, that would make them successful.

Asher: Yeah, you want to be successful, but you avoid getting an education and then no one will hire you except the people who are tedious jobs. And then you end up miserable. Yes. As opposed to do difficult things and now and have better prospects later.

Seth: Yep. You are on it. You're a wise man.

Asher: Yeah. If, if you're so lazy, you don't even want an education, you're going to be pretty miserable.

Seth: Yeah. We were talking earlier about that sometimes resistance makes sense and I have four times when it does.

Asher: From your own life or or categories of situations at times you went like four times in your life?

Seth: Yeah. No, four different categories when resistance makes sense and one is particularly for people who are in school like you who your basic things that you're going to resist this school work and chores. Those are sort of two broad categories of what you resist and the main things. One of the things that is good if you're resisting is if you need self care because a lot of times people have, like they spend seven or eight hours in school and then they're expected to do two or three or four hours of homework a night.

- Asher: Well, I really don't like the idea of homework. I feel like honestly, I feel like if you need to do all this work, you might as well just stay in school longer and do it at school.
- Seth: But don't you think people will resist that?
- Asher: Yeah, I think it would be better in the long run if there was. If there. If there was no homework and school was longer then.
- Seth: Right, so you. Yeah, you get it. So that makes sense that you'd have resistance because you, like you said, you, you've just done all the schoolwork. Why now have homework on top of it?
- Asher: Although it's kind of besides the point to talk about how the whole resistance of homework could easily be avoided. So I suppose, but I guess a lot of everyone who who didn't do their homework in the first place would just go, I don't want to stay in school longer, even though they'd again, be happier in the long run because they...
- Seth: It's definitely a difficult situation because on the one hand they need to get this stuff done if they did it to make their life easier. But on the other hand, the reason I'm saying resistance makes sense is because, they need time for self care. They need time to play, to relax, to hang out with their family, to hang out with their friends, to do nothing.
- Asher: Exactly. I feel like if school is, if school is going to rob your personal time, they might as well do it in a way they might as well do it i a way that's blunt rather than like, Oh no, you can. It's like this is just work that you go home and then you have to do school after you've left school.
- Seth: Exactly. And that brings me to point two. And is that good for them to be in school longer? Probably not. I mean we need to have a life. Why are we in school? So that we can have a great life. Not so we don't have time for life. So the second reason that resistance sometimes make sense is because sometimes the things that people are asked to do in school. So again, you're going to be asked to do certain things in school, but sometimes it's busy work or really lacks meaning, like it's just not interesting or engaging or meaningful to you so that you're going to resist that. If it feels like busy work or it feels like why do I have to do this? This doesn't help my life, then there's going to be resistance in that another time when people will feel resistance, especially around schoolwork is when they feel like a teacher doesn't them.
- Asher: Ah, yeah. I can imagine.
- Seth: And then I've had students also where a teacher likes them and it's not even a subject they liked, but they work hard for that teacher because they...that makes sense?
- Asher: Yeah.

- Seth: And then the fourth thing that I had for the, like when resistance sort of makes sense. Like sometimes something's really off and this is what we're talking about a while ago, but when something's really wrong, you got to listen to your gut and be like, no, this situation, something's wrong with this. I, I'm resistant because my nervous system is telling me that something is not okay here. This is scary or this is a risk, it's unsafe and like the resistance is doing its job.
- Asher: Yeah, your gut is generally a pessimist and you can't. If you want to be happy, sometimes you shouldn't be an optimist because...
- Seth: Sometimes you have to be realistic about the threats or the risks.
- Asher: Exactly. Because if you're an optimist, you might do something stupid thinking that things will turn out for the best and then you'd be sad.
- Seth: Yeah.
- Asher: And you lose your optimism.
- Seth: Yeah. So now I have all these ways to deal with resistance and I, there are a lot of them. Um, but I'll kind of start going through these and then you can tell me what you think at any time you're ready. Yeah. Number one which you definitely alluded to is don't believe everything you think. So when you have that inner critic, that story in your head, the narrative and the brain is responding to the stress of this crazy story you have, sometimes don't believe it. Like you said, sometimes let the inner critic say it's thing, but do the thing anyway. Let it pass by like a cloud, like a cloud in the sky will pass by.
- Asher: Yeah, like the way I imagine it is that there's like a big conference room in your head and you're sitting. If you're sitting at the head of the table and you have all these different voices. Yeah, and they're all offering advice, but you don't have to listen to any of them.
- Seth: Boom.
- Asher: You can do whatever you want. You're the CEO.
- Seth: Yep. They are not you. They're just thoughts...
- Asher: More like the dictator, hopefully in a very positive way because you're dictating, hey, we're going to do what we need to do to have a great life. So you, we're not listening to your advice today. We're not listening to your advice. You. Oh, that's a good idea.
- Seth: Number two, know that the resistance, actually you feel it in your body. So people don't think about this a lot, Asher, but that your nervous system is getting a sense of threat. So when we're resistant, our nervous system is going, oh no, we're not safe, but it's not necessarily true, but it feels constricting. So you can actually feel in your body this sort of constricting feeling, a hug. I don't feel like doing that. I don't feel like getting out of bed. I don't feel like doing this chore or

this Homework and your brain is perceiving that there is this threat like a bear. It doesn't know any better. And again, like we said before, don't to all the voices, but you're going to know that. So number two was know that you're going to feel something in your body and it's okay. It's just the resistance. That's just your nervous system. A lot of people feel it in their stomach. They'll feel muscles get tight, they'll feel their face get tight, their jaw, their hands, or any number of things. Do you know what you do?

Asher: No, not really.

Seth: I tend to carry it in my shoulders. I'm like, Ugh, I don't want to do that. Um, the next one is, um, in terms of how to deal with the resistance, is that old thing called mindfulness or consciousness or being awake or self aware or metacognitive or introspective or reflective. Basically the mindfulness all has to do with how aware are we, because some people ask or have those voices and they just listened to it. They don't know, have enough self awareness to know that those voices are even there. They just hear the voice and they're like, oh, okay, I'm going to resist that.

Asher: Yeah. Cause sometimes those voices make good points, but sometimes they don't. And if you just do it every, if you want to please everyone and you do everything everyone says it's not gonna work out well.

Seth: Yeah. They are very good arguers.

Asher: yeah, they are. Yeah. If you listen to everyone, you'll never get anything done, but if you listen to no one, you'll never get anything done.

Seth: Yeah. So you have to really select which voices you're going to hear and then that leads us to the next one. Number four, which is be what's called the watcher or the noticer or the observer, the mindful person. Be someone in your own brain who sort of watching what's going on so that you can respond rather than react. So like you said, the dictator or the person at the head of the conference table, you're that person, you're that watch or you're observing everything and you're making the decision so that you can have a response rather than just immediate reaction like a robot. You actually think.

Asher: Yeah, and you're like sitting at the controls and there are a bunch of people gathered behind you muttering things. Not muttering, like whispering things in your ear. It's like, you should do this, now. You should do that.

Seth: And you're the, you're the boss. You get to choose.

Asher: Your word as law, at least in your own head.

Seth: The next one that I had is a reframing. So reframing is like changing the way that you look at something or changing your attitude about something. Or like Einstein did these thought experiments, but people listen to those voices. And reframing is saying, well, what if that voice isn't right? What if it is the opposite of what I think? Or what if it actually turns out awesome or what if it's not as bad as I thought it would be? Or what if it actually turns out good? Anyhow, yeah. So the

next one is, um, it's called do your best and do a little bit better, but it's like don't worry about being perfect, just do your best and maybe do it a little bit better. Have you ever heard of the saying leave well enough alone?

Asher: Yeah. Yeah.

Seth: Sometimes people, people want to be perfect.

Asher: If it ain't broke, don't fix it.

Seth: If it's not broke, don't fix it. Yeah. And sometimes just get the homework done and get it in and just be like, okay, fine, it's done good enough. Doesn't have to be perfect and that's a really good one to help with resistance because you don't have to be perfect.

Asher: I have a hard time with that because I always feel. I feel like you can do tiny things perfectly. Right?

Seth: Well, I mean my question would be to you then is what are you gonna do about it from here on out? Asher, how are you going to make that easier?

Asher: I dunno how my current strategy is just practice.

Seth: Okay. So if you want something done perfectly and just become really good at that thing.

Asher: Well do you want it done perfectly?

Seth: I don't know, maybe that's the question. What if you did it, but it wasn't perfect.

Asher: Yeah. I don't know. I just would feel. I wouldn't feel like it was my best work.

Seth: And what would, what would happen if it didn't feel like your best work?

Asher: Then I wouldn't feel like I had accomplished anything.

Really?

Asher: If it wasn't my best work. Yeah.

Seth: So maybe then the part of the issue then is like we're talking about like reframing things, like choosing a different attitude in like literally reframing it and saying, Oh it was worth it. I'm not going to listen to that person at the conference table that was worth it and I'm moving on.

Asher: Yeah, it's good enough

Seth: And I'm glad I even tried. But yeah. What attitude are you going to choose? What are you going to focus on? What's your frame?

Asher: I don't know, that person is very loud and persuasive. Probably sitting just to my left.

- Seth: Yeah, I'm glad that you're bringing that up because like if, if you and I were sitting at the kitchen table and like I was coaching you, I'd really bad breaking down and so this is good for the listener here too. I'd really be helping you break down. Why is that voice so loud? Where's that coming from and what voice do you want to hear instead? Because if it's not working for you and it's helping you resist rather than move forward, how can you change it? How can you reframe it? What's a better attitude? Would that help?
- Asher: No, I imagined it. It's like this very old fashioned conference room, you know, like a long table here sitting seated at the head. There's a chandelier. It's sort of like evening. It's dusty. You can see rays of light through the windows.
- Seth: So you see this conference room. Now I want you to see that perfectionism person leaving the conference room. So next is in order to deal with resistance, and this might sound kind of weird, but really, eating nutritious food, getting good sleep and getting the right exercise, sleep, nutrition and exercise help you feel better and make you less resistance.
- Asher: I would say I do. Oh, okay on all three of those. I used to be better exercise and sleep, but nutrition I'm doing better at it than I...
- Seth: So nutrition you're pretty happy with, but you'd maybe sleep a little more consistently or go to bed earlier and stop playing video games that night or what?
- Asher: Yeah, there's a lot of resistance to just going on a walk in the morning for exercise. Every time I've gone to bed late because I just wanted to finish something. I've had a bad day the next day.
- Seth: Yep. You're going to be more resistant if you're tired or your body feels bad or...
- Asher: Yeah, and several times that's then ruined my sleep for the whole week.
- Seth: Yeah. There's sort of a negative downward spiral domino effect. But the opposite is true too. Like when you start doing little things to make.
- Asher: Yeah, because when you go on a run now, suddenly the next day going on a run doesn't seem so bad, and eventually it becomes a habit and you're like, oh, a run? Yeah, whatever.
- Seth: Yep. The next one, number nine is called the one percent rule and the one percent rule I talk about a lot, but this is like people get very overwhelmed by how big something feels like doing homework or a project or writing a paper or their chores or whatever, but if you can think I'm just gonna do one percent more than what I'm doing. Or there's a saying called a journey of a thousand miles begins with one step or take naps or just walk a millimeter. All of these things, it's like you just do a baby step. Don't think about the whole giant thing, but people get paralyzed. Analysis paralysis stuck in their head.

- Asher: Oh, that happens to me. But that's because of my. That's also because of my perfectionism. I feel like sometimes I feel like I'll lose the essence of a thing if I don't look at the big picture.
- Seth: Well, sometimes you can look at the big picture, but then you do what I call zoom out, then zoom in. So you zoom out, look at the big picture, then zoom into a tiny one percent tiny baby step you can take.
- Asher: Yeah. Like I feel like, like I feel like a perfect thing is made out of perfect pieces which are all made of perfect smaller pieces and... Right.
- Seth: Yeah. Yeah. Have you ever heard of how do you eat an elephant?
- Asher: One bite at a time.
- Seth: One bite at a time. So you can look at the whole elephant, but you have to eat one bite at a time.
- Asher: Yeah. You can look at the whole elephant. You can plan how am I going to eat this.
- Seth: Yeah. But essentially it comes down to starting with one small task.
- Asher: I would say starting because I just can't figure out where to start. It seems very daunting. I have this abstract ideal and I want to turn that into say code.
- Seth: Yep. I'll talk about that in just a minute. Because that's very important. Where in the world do you start? A lot of people are resistant because they don't even know where to start.
- Asher: I mean, you can't just, there's not like a device and you just put an idea and it turns into money.
- Seth: Yeah. Um, the next one is don't look for motivation and this is something I think a lot of people this mistake they look for, how do I get motivated and the people I work with, I'm like, don't even worry about motivation. You're not going to be motivated to do something you're not motivated to do.
- Asher: I don't know. That does happen. That does happen to me sometimes. Generally if I just wake up, generally if I wake up in a good mood and I'm a lot more willing to do tedious tasks and I don't mind that they're tedious. Rather, I don't pay as much heed to resistance.
- Seth: Yeah. You don't listen to that, that voice in the conference room as much.
- Asher: Yeah. I'm just like, ah, whatever.
- Seth: But people think they need to wait until they're motivated or wait until they feel like it. And that is not what we're dangerous because you'll never get there. Or what we do is we do it anyway. The trick is to say I don't feel like it, but how do I

do it for my own wellbeing anyway. And then there were a couple ways, and this is the what you just asked, how do you even start?

Asher: What I have done very successfully though, is sort of juggle a few projects at once.

Seth: You sound like me, I do a million, a million projects at once, yeah...

Asher: if I'm feeling motivated, I work on that project and if I'm not, I pick the project that I've worked on the least

Seth: A non preferred task. Yeah. That's a good way to approach it too.

Asher: Yeah. If you're feeling motivated, you can do your best work.

Seth: Yeah. I love that.

Asher: You can do your best work on the thing you need to do. You're not wasting your time doing something you don't need to do. Just because you decided you wanted to finish this project. First. But then if you're feeling unmotivated. You still have to get some stuff done, don't you.

Seth: Yeah. If you're on a roll, go, go with it as long as you can with stuff you're not interested in.

Asher: Yeah. If you have new idea, you should be kind of cautious. If you have any resistance around your new idea, then...

Seth: yeah, it'd be. Be careful not to get the train too derailed.

Asher: Yeah. If you have no idea, don't be hasty to add it to the ideas you're working on with because you might find after a few days of inspiration that you don't really care about having it finished anymore.

Seth: I have a list called back burner, so when I get new ideas for stuff I just add it to this list, so if I'm in the middle of a project but I get an idea, I add it to my back burner list and then get back to what I was doing. My next one. How do you get started when you don't feel like it? I love timers because they can make it very small. I can just say, you know what, I'm resistant to doing this, but I'll just do it for a minute or five minutes or 10 minutes, and then what I do is I tricked myself into starting anyway.

Asher: Yeah, that seems a good strategy. It's not like, will I do that thing? It's like, yes, you're going to do this thing.

Seth: Yeah, and maybe not for five hours and maybe not the whole giant project, but I'm going to do a little bit. I'm going to do a minute

Asher: And then you might find that all your resistance was unfounded and it's actually enjoyable and then...

- Seth: That's the trick is that once we trick ourselves into getting some momentum, it's not as bad as we thought.
- Asher: Yeah, and very occasionally you'll find that your resistance was all unfounded. Then you can turn your whole day around.
- Seth: This one is making a plan, so I was just saying timer and number 12 is where do you start make a plan and what people do is they imagine this giant task and they never break it down or chunk it down into small pieces and when you make a plan, you're chunking into small pieces and the more bite size you can make the plan. Obviously the easier it is to eat the elephant.
- Asher: Yeah, everyone talks about that, making very detailed plans.
- Seth: Or even sub plans you don't know, you can just make it feel like you can eat the elephant. Don't make it a million things on your plan. Just take the parts you need to.
- Asher: Yeah, but I also think that you can't, you should only split things up as much as they can reasonably be split up. You can't be like, yeah, it's like, all right, half a line of code today.
- Seth: So you have to, you have to be realistic.
- Asher: It really depends on the project, how much work you have to do at a minimum. Really.
- Seth: Um, the next one is routines. So the more you have a routine, you don't think about it, you don't have to make a decision. Sometimes making a decision is that analysis paralysis again, and then we complain and we resist and we procrastinate. I don't want to, I don't feel like it. And um, but when we have a routine we don't think or decide. It's just, I know that at whatever, 7:00 every morning I get up and brush my teeth. Don't think about it. Just a routine, you know, I know I put my glasses on, I keep my glasses by the bed. It's a routine. I know when I come in the office, I put my topic right here. It's a routine.
- Asher: Yeah, there's no resistance. If you're, you're, you're essentially forcing your advisor who keeps talking about not doing things, that that thing is going to be done and you should just not... Yeah, they're like a victim. It's like the resistance. It's like I 's like I really shouldn't bother. There's no point.
- Seth: And then it's just a routine. So there's no decision anymore. You don't have to think about it.
- Asher: Yeah, there's no resistance. It just gives up and goes home. Why even try?
- Seth: Now...number 14 is that it's in order to help the resistance, we can actually use things that we like to add to things we don't like. So you have passions, gifts, interests, talents and things that matter to you. How can you weave those things into things you don't feel like doing? So sometimes maybe you have to write a

paper. Let's say, let's say you're in school and you have to write something, a fiction paper and maybe you use your passions or something you're interested in it and you're learning about to weave into that fiction paper so you're making it more meaningful to you. Something like that you didn't really feel like doing. You're like, oh, I'm actually going to make the best of this. Alright, next one. Post things that are inspirational to you that helped you get through the resistance or reminders of things you want to remember. So like I have things that inspire me here on my wall. Like with music and stuff. I have famous quotes around the house. Things that inspire me, keeping those in my face. Help me remember. Okay, forget the resistance, leave it alone. Just do it anyway. You know, there's a, there's something behind why I'm doing this.

Asher: But nobody would ever do anything good if they only worked on things they didn't feel like doing.

Seth: Yeah. That's obviously not the point. Hopefully. Hopefully it doesn't feel like that for people. All right. We were talking about the routine and number 16 is actually your sacred study space. Like you're looking at me in my studio right now. Um, but to have a space where it really helps you to execute, to get through the resistance, to do the things you need to do.

Asher: Yeah. Because it's also places, because you associate one place with being lazy, then you would do your best work there would you?

Seth: Yup. Correct. Number one is know that you're not alone, that everybody struggles with execution, with resistance. Even people who are really good at execution and doing things and they don't resist much, they might have resistance to other things. Yeah. Next one is don't get your ducks in a row. So a lot of people get stuck because they think I need to get everything perfect before I start.

Asher: That happens to me all the time. Yeah. Yeah.

Seth: Doesn't work. Can you imagine if Jimi Hendrix was like, oh I need to be a great guitar player before as anybody ever sees me? No. He had to go out and not be great in order to get good.

Asher: Yeah. It's like first it's like step one become greatest guitar player of all time. Step too. Go on tour.

Seth: Yeah. And it does not work like that.

Asher: Yeah. It's like step one, be the best ever. Step to do things. It's step one, be okay, do things, be better.

Seth: Get better. Exactly. Exactly. So that's the next one. The next one I had is advocate. So tell your parents or your teachers that you need to have a life that this is taking you too long, that your homework is taking you too many hours. Like look at them as human beings and be like, look, I cannot come home from school and work for three hours. Advocate for yourself. Be honest. Stand up for yourself. Say

I need a life, I can't. We need to work on this. We need to figure out another way to do it. You advocate for yourself pretty, don't you?

Asher: Yeah, I'll say.

Seth: You definitely speak your truth. The next one is kind of different and this is with resistance and it is apologize and it is when you resist something and you'd like yell at your parents or you're rude to your parents or rude to your teacher or something, go back to them later and be like, Hey, you know what? I'm sorry. That was not cool. I just didn't want to execute it. Didn't feel like doing it as being resistant. Sorry, I honestly didn't mean to hurt your feelings, but like healing and taking responsibility when you do make a mistake.

Asher: Yeah. Because you don't want people to think you like that. What?

Seth: Yeah. You want to apologize when you didn't mean to hurt someone's feelings. You're just. We feel resistance sometimes and sometimes we take it out on other people so it's okay. We're human. All right. Next one, uni-task. A lot of people think about multitasking.

Asher: I always preferred mono-task.

Seth: I have not heard that. Mono task or uni-task. Do one thing, not 50, so like if you do 75 percent of something, finish it 100 percent or leave well enough alone, finish it enough so that it's finished. Don't stop at 75 percent. I have so many students, Asher, who get done with like 80 percent of their homework and since they don't finish it, they don't turn it in at all and then they get a zero and an incomplete and missing, and then that hurts even worse. So just uni-task. Get it done well enough and get it in. Next, and this is when we were talking about the observer or the watch or the noticer, notice yourself whining or complaining because people who complain don't have time to do stuff. People who are doing stuff don't have time to complain. But we all do it. So notice when you're whining or complaining and watch it and be like, oh, okay, Seth, That's interesting. You're whining about this. You're not doing anything about it, but you're complaining. So that's a way we resist.

Asher: Yes, like my room isn't clean, this sucks and then you just sit in your bed and read.

Seth: And it doesn't exactly clean itself?

Asher: Yeah, and then you just leave your book there and it just gets worse.

Seth: And then my last one is to recalibrate the compass. So I have a compass in the car on the, on the mirror, and I actually have a compass on my cell phone to. In order to calibrate the compass, you have to recalibrate by like doing a figure eight or something like that. And the last tip is to sort of recalibrate. Stop. If you are resistant, stop, pause, take a deep breath, smile, get present. Be like, okay, what am I doing here? Why am I being resistant? What's going on right now? Where do I want to be like? Just take a minute to pause and recalibrate. So I Asher...what final advice do you have about people with resistance?

- Asher: Well, you don't have to listen to it. I would say.
- Seth: And what if a parent is trying to help their child and their child's resistant? What would you tell a parent to do to help the child get through the resistance?
- Asher: Generally just talk about how of why they should, like why it'll be better in the long run. You know, it's like, why should I study and sleep? Because you study, then you get good grades and you'd feel good about. Generally when you get a taste of success, the resistance really dissipates. You know if you're working on a project, yeah. You spend hours working on the first part and then you're like, Bam. That's the whole first part finished. It's perfect. The resistance just goes, poof.
- Seth: You get a surge of motivation.
- Asher: It's like, oh, obviously there is a good reason to do this. Yeah, as soon as you get gratification for something, resistance disappears.
- Seth: So what would be ... How do you want to end this podcast? What do you want to say to people? I want to give them a challenge. I want to tell the audience that I want to challenge you to think of one thing that you can do to help set yourself up for success, to execute rather than resist and then email us. Tell us about it. Put it in the comments or something.
- Asher: Yeah. What's one thing that you're resisting?
- Seth: Okay, so you want them to think of one thing that they're resisting. That's good.
- Asher: Well, not that they're resisting but that they resist.
- Seth: And then what do you want them to do when they think of it?
- Asher: Think about, yeah, argue the point that you should do it even though you might not feel like you should do it. You might convince yourself.
- Seth: Right on. Thank you.
- Asher: You're welcome. Thank you.
- Seth: All right, audience. I hope you have an awesome day. Me and Asher thank you for listening to this discussion and we hope it helps you.
- Debbie: You've been listening to the tilt parenting podcast for the show notes for this episode, including links to all my past episodes with set links to seth's website and this special page he created just for tilt listeners his youtube channel and more. Is it tough parenting.com/session 1:23. If you get value out of this podcast, please consider supporting it by making a small monthly contribution. Help me cover the costs of production. There's an easy way to do this too if there's an online platform called Patriot, so my phd on campaign, which is funded by listeners just like you, is helping me pay my editor who takes my recorded

conversations and intros and outros cleans them up and it's them tax them for itunes and uploads them onto my soundcloud account. This literally saves me hours of time each week and it let's be focused on all the other pieces of keeping tilt going.

I have some new things in the works that I'm able to start developing and really just supporting this community, so to sign up, go to Patron.com/tiltparenting. Patron is spelled p a t r o n . c o m / p a r e n t i n g . You can also find a link on the tilt parenting website on any of the show notes pages, and of course I couldn't end up podcast without my weekly reminder to leave a rating and slash or a review for the show on itunes. There are a lot of parenting podcast out there and your ratings and reviews help keep this podcast highly visible, which in turn makes it easier for me to land bigger gas and I just landed a big one, which I will tell you about soon. Thanks so much for listening and for more information until parenting visit www.tillparenting.com.

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- [Seth Perler's website and blog](#)
- [Special page for TiLT listeners on Seth's website](#)
- [UpgrAde Your GrAdes Student Success Program](#) (virtual class)
- [A "Masterclass" in Executive Functioning with Seth Perler, Part 1](#)
(podcast episode)
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