

How to Kick Resistance Outta Town

by [Susan Jacobs](#)



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As it's been said, we exert more energy putting off doing something than what is actually expended to get it done. The act of doing nothing drains us more than forward-moving action.

As Steven Pressfield says in his great book, “Do the Work,” ‘Resistance is always lying and always full of shit. Resistance will reason with you like a lawyer or jam a nine-millimeter in your face like a stickup man.’

Once upon a time when things went south with an emotionally and verbally abusive ex-boyfriend, I’d say, “There’s a new sheriff in town.” As he was trying to gaslight me, which made me think I was going crazy, this was my passive-aggressive way of letting him know that I could, and was, changing.

Repeatedly slipping into Pollyanna mode, I chose to only see and remember the positive in any given moment. Like an abused dog that flinches when a hand is raised, receiving his version of love and acknowledgment overpowered the painful memory of the abuse he inflicted. This was my desperate attempt to hold onto the nonsense that I mistook for love. If he thought I could change, then I convinced myself things would get better.

Guess what? That was kinda delusional. In a perpetual state of resistance to reality, the act of resistance was holding me as its bitch. As it loves to do, resistance only keeps us locked in a cell, imprisoned by our fears, doubts, insecurities, and inertia. The sheriff has the keys and can just as easily open the cell door as keep it closed. It’s all up to us.

My relationship thankfully ran its course, leaving me with long-healed emotional scars and many lessons learned. As cliché as it is, 20/20 hindsight is a beautiful and true thing.

But I do love the concept and energy behind ‘a new sheriff in town.’ It commands authority, leadership, strength, presence, power, respect, and abiding by the rules (although I more often like to break them).

This idea recently popped back into my head as I went to reset the 6:00 a.m. alarm but didn’t. Instead, I completed my intention of a taking 7:00am yoga class. And felt great as a result.

Allowing my old sheriff any power will be my demise, and a fast sinkhole into laziness, self-doubt, procrastination, and overall un-productivity. My new sheriff, however, sticks to commitments, gets out of my way, is focused on

goals, completes tasks, does one thing at a time, is free of device addiction, and so much more. This sheriff is helping me create more productive habits and let the old ones go.

How's your sheriff working out?

Are you looking to make changes in any area of your life where you've felt stuck, frustrated, and without clear direction?

If so, how can you enlist a new sheriff to break through the blocks?

Call upon this energy to set clear goals that include intention, deadline, and measurability, focus on what behavior no longer serves you and where you want to go personally, professionally, and spiritually, and find someone to be accountable to. Then gracefully and gently embrace the magic that no doubt will begin to unfold.

Let 'there's a new sheriff in town' become your mantra. Say it out loud with a smile as often as needed. And when in doubt, rent Mel Brooks' "Blazing Saddles" and see how that new sheriff turned a town upside down, disrupting the predictable, and implementing positive change.

It's time kick some ass!

About the author

Susan Jacobs

Writing has been part of my DNA, career, and creative outlet for as long as I can remember. My joy is bringing to life stories of the world, its people, and its cultures.

I'm filled with an insatiable curiosity for life off-the-beaten-path and love to share stories of the unheard voices I find along the way.

Giving voice to things that matter, raising awareness, and expanding perspectives is what lights my fire and is the heart and soul of who I am and what I do.

I have contributed a chapter to two books: "Step Forward and Shine," published by RHG Media Productions, and "Pain, Purpose, Passion," published by The Round House Press. I'm a contributing blogger to Huffington Post, Identity Magazine, Thrive Global, Yogic Living, and Medium.com. My personal essays and writing have appeared in Pink Pangea, FourTwoNine Magazine, Extreme Sailing Series 2018 Official Magazine, Aquarian Times, Spirituality & Health, PR Week, and IndieWire. I'm working on my first memoir.

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