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- 1** "I'm too busy / I have no time."
  - 2** "I'll do it later."
  - 3** "Omigosh! What if (something bad)...?"
  - 4** "You do it, you decide."
  - 5** "This is boring, it's not my thing."
  - 6** "Oh, I meant to, but I forgot."
  - 7** "I can't find it. Where did I put it?"
  - 8** "I'm confused/ I don't understand..."
  - 9** "I'm so unmotivated to do that."
  - 10** "I can't because..."
  - 11** "Can't this go any faster?"
  - 12** "Other people keep saying I can't..."

## **12 SIGNS YOU MIGHT BE IN RESISTANCE**