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Meeting Resistance & Overcoming Obstacles – in your Spark Life and Beyond

Friday, March 26, 2021



A wise person once told me that there are 2 ways people make themselves feel good
 By doing positive things for themselves and others
 By tearing other people down and bashing them for any number of reasons.
 Many Sparkers have shared their stories about encounters with the 2nd group.

Those who put down your efforts to lose weight, eat a healthy diet, exercise
 The Food Pushers, the Fat Shamers, the Skinny Bashers (yeah, that's a thing too)

Or the disguised compliment – "That's a great bathing suit when you're small on top"
 Yes, the one place society considers it OK to carry extra weight is in our boobs.
 Just look at the increase in breast enhancement surgery.

It doesn't have to be about weight, your food choices or your body image
 "Why go to college now? You will be 50 when you graduate"
 Yeah, I'll be 50 anyway.

It could be a comment about any entire group
 "I thought they would be more attractive"
 Yeah, I bet they hoped their clients would be more attractive too.

When I first thought about resistance, I actually meant wind resistance.
 My status recently has centered around whether Joe & I would be able to canoe or kayak on any given day. How shall we deal with the wind?
 Stay home? Stay in a more sheltered cove? Meet it head on out on the main channel?

Then I realized that we also need strategies to deal with those who resist and sabotage our efforts to improve ourselves, stay healthy and reach our goals. They toss obstacles into our path, both physical, verbal and emotional.

My mind went back to a friend who wrote the following in my high school yearbook.

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It was a cute phrase to write even though in NYC none of us had ever been in a canoe. Maybe there is a lesson there beyond physical wind resistance.

One day as Joe & I were paddling along on the lake, the wind picked up unexpectedly including strong gusts that were hard to overcome. As we struggled against this resistance, I could see our house in the distance and I glanced back at Joe. He was working hard too but not just to push water with his paddle, but to guide the canoe and keep us on course.

That what we have to do when we encounter those human obstacles who sabotage our efforts. Stay strong, just keep paddling and hang out with others going the same direction who keep us on course to our destination.

If you have any other examples and strategies, please feel free to share.

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DARCY-B

"That what we have to do when we encounter those human obstacles who sabotage our efforts.

Stay strong, just keep paddling and hang out with others going the same direction who keep us on course to our destination." Reminds me of Dory... Just keep swimming, just keep swimming, just keep swimming, swimming, swimming...

66 days ago



SUSANNAH31

A good blog. Thanks for the reminder.

There are some people who make a habit out of putting others down to raise themselves up.

68 days ago



RACHNACH

**KEEP
SPARK
ING!**

69 days ago



WANT2BTRIM

Love it

69 days ago





THOMS1



69 days ago



SUNNYBEACHGIRL

I may know the right choice for me but sometimes I ignore my own best advice. Food is an emotional thing for a lot of people, control, love, fun, soothing and a distraction from pain.

69 days ago



SUSANYOUNGER



69 days ago



MAWMAW101



70 days ago



JSTETSER

That is a great quote. Thanks for sharing! Thank you for your thoughtful blog. Have a great



day!

Jackie

70 days ago



TOMATOCAFEGAL

Wind, rain, etc

70 days ago



THINCPL2004

I will stay strong and keep on paddling!! Thanks for this

70 days ago



ALIHIKES

What a great blog. It is so true. We all do better when we focus on the positive, and walk away from the negative sarcastic people in our lives when ever possible. I admit that as I have gotten older I occasionally speak up and say: "That is a hurtful and unkind comment. None of us deserve that."

70 days ago



WNCGIRL

Thank you for this. I encounter alot of resistance also. I love the quo



ate. I am paddling my own canoe

70 days ago



SUSANYOUNGER



70 days ago



DONNALEE-53



Thank you. Well said.

70 days ago



SIMPLY_JAE

I try to remember that their words say more about who they are than it does me..then I just let it go...life is too short.

71 days ago



NANHBH



71 days ago





KATIE5668

well said and great example of the need to focus ..NVP had it right with his Power of Positive Thinking!!
I so agree with Paddle your own canoe!!

71 days ago



SLENDERELLA61

Just what I needed to read today! Thanks.



A related observation: sometimes patience is helpful. A situation I jumped into yesterday resolved itself today. Wish I'd waited. Sometimes it is hard to know. Sometimes "go with the flow" is best!!
71 days ago



CHERIRIDDELL

What an inspiring blog.I think it is essential to keep paddling your own canoe! I think it is important to look to people who not only are glad the glass is half full but simply appreciative of the fact they have a glass ! I was delighted to hear you have been fully vaccinated!
71 days ago



WANT2BTRIM

Agreed
71 days ago



SPARKLINGME176

Brooklyn,   (sharing tea with you)
THX so much for sharing this blog with us! I have an Uncle, that I had to just 'let go', he was so negative all the time, no matter how we tried to help him. It's been 3 years now AND my life is SO much better & happier without all his drama.SP for my 'community' & support. If someone wants to friend me & I read their S Page, I just decline if they are all about 'poor me'.Some people might think I am selfish. I am! My health & life is the most important thing for me to navigate in this world. I have many 'real' friends & family that we share our joys together. Isn't that what life is about?



Bring joy where we can & sharing it? Sharing joy with you, my SP friend! THX again! 
71 days ago



JUNETTA2002

Thanks for sharing
71 days ago



AZMOMXTWO

this is very interesting I never even thought about all the ways that we run into obstacles that we need to get around and how often it is people or remarks
71 days ago



MORTICIARAVYNN

Well Said!

71 days ago



RHOOK20047

I sometimes wonder about what folks say. I might be struggling to lose weight and someone will ask "Are you losing weight?" Makes you wonder what they are implying. Or "Oh that color looks good on you." Does that mean every other color looks bad? I try not to worry so much about what folks say. The only person's opinion I really care about is my wife's and mine. I know what I need to do, and I know sometimes my efforts will be productive and sometimes it won't and I just need to work hard. Thanks for sharing your blog, made me think this morning.
71 days ago



BJAEGER307

Great, great blog today. Very thought provoking. I like the many others who have commented, do my best to steer away from negativity including my own sister. She is older than I am by 8 years. Sometimes it seems like I don't even know her. She is nothing but negativity and I've had enough of it. What she doesn't realize is how negative she is being, no matter how I try to steer her away from being that way. Just like your resistance to the wind. She is my only sibling, and I have to find some common ground to be able to tolerate her. Life is complicated and sometimes I just don't want to deal with it.



Something to work on.
71 days ago



SUSANYOUNGER





71 days ago



SPARKUVU

Sadly, it's hubby who sometimes does this to me, but having always been my own steam, I'm usually able to ignore it.
71 days ago



KITTYHAWK1949



71 days ago



HARRIETT14

When I met my second husband, which I must say we lived different lives, he taught me a great deal of things that I never would have known had I still lived in the city. The first time he took me in the canoe I was scared but I didn't want him to know. So I braved it and held on tightly trying hard to enjoy myself.

When I joined Spark in 2011 I first thought of all the programs that I followed and didn't get the results I wanted I decided that it was best just eating what I enjoyed within the calories that I was allowed. It worked beautifully! Then came the remarks from some people such as if I was ill, did I lose my appetite, etc. I just answered them nicely and went on my way thinking maybe I should tell them what I was doing. I decided if they really want to know they would ask me. They didn't and neither did I.

71 days ago



YELLOW09RED

Good morning Eileen,
It's a great blog. Thank you for sharing. Have a wonderful weekend with Joe. Hope you two can canoe today.



71 days ago



DEE797

Terrific blog! Love the quote your classmate shared. Had not heard it before.
71 days ago



HOLLYM48

This was an excellent blog and analogy. I try to steer clear of negative people as much as I can. Unfortunately, it is not always that easy. But I try not to let them ruin my day or my path. Thanks for such wise words and I love the quote that your friend wrote in your yearbook. Words to live by!

Have an excellent day, I hope the wind is at your back and there is no resistance in your day.

71 days ago



CINDIU

Love this, thank you!
71 days ago



SHAKERATTLEROLL



"Focus on you — your soul, spirit, blessing people with who you are, and following your heart's passions."

— Ally Brooke

72 days ago



WALKINTOFIT

at my job, always some one being snarky.... shouldn't eat that ,wear that, do that.... like what they are saying will make the boss like them more and give them a position...

72 days ago



GLORYB83

Awesome blog, one that got me thinking ... hard. Thank you!
72 days ago



PLCHAPPELL

Great blog
72 days ago





LIS193

Well Said!

72 days ago



MSMOSTIMPROVED

I thought more about your blog on my walk today. As I have recently loss weight in a family of large people, most have been very supportive and happy that one of us might finally make it. I send tips and pics of my food even challenges to the family chat. I also have a skinny basher- I'm far from skinny. I decided that no one gets to steal my joy! I surround myself with positive people and feed my spirit the energy of positive people. I'm not allowing myself to get dragged down with someone else and their mess.

72 days ago



ETHELMERZ

Yes, do as YOU see fit!

72 days ago



PATRICIAANN46

I will NEVER understand people who enjoy hurting others. I have finally decided that it is a flaw in their character that only THEY can change and give them a very wide berth.

I probably shouldn't tell you about how I have sunk to their level on some occasions, but it works so well that I feel I need to share.

I would answer (very sweetly) to the comment, "That's a great bathing suit when you're small on top." "Well that's good to know as I always put more faith in an actual experience as shared by one who knows."

Then I walk away and let her come to realize how her snide comment had been turned on her.



72 days ago



MARYJEANSL

I can't recall ever having to deal with resistors and/or saboteurs when it comes to self improvement. (Or perhaps I am just oblivious, lol.) My friends, and especially my kids, are always supportive, even though we don't always get along. The only person in my life who regularly creates difficulty for me is my older brother, and so it has always been. But I generally avoid contact with him, so problems are few.

72 days ago



PATRICIAAK

I'm becoming better at this. Usually, I say it to myself but have said it out loud.

'I can see where that could be an obstacle.

However, I chose to use it as a stepping stone.

Life is better for me as a victor rather than being a victim.'

72 days ago



PHEBESS

Great words! I've worked with people who spent their time trying to sabotage others, trying to make them look bad - it always seemed to me that if we all worked together, it would make all of us look good! I just couldn't understand this saboteur!

72 days ago



BKNOCK

Now that I am close to sixty I find that I don't need the people in my life that are not truly my friends I can let them go. I know who has my back and who doesn't and it is a good feeling.

Thank you for this blog, wonderful analogies.

72 days ago



RAZZOOLE

Very inspiring and motivational blog. Thank you for sharing, Staying on course may be challenging at times, but it is doable.

72 days ago



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