



## Episode 177: Why You Should Expect Pushback and What To Do About It

As inconvenient as it is, not everyone will agree with our ideas. Whether they want something else or think your idea is not good, you can always expect some pushback. However, sometimes we don't expect that anyone could even disagree with what we want, no matter how harmless it may be. Pushback can make us feel guilty or ashamed and reconsider our plans.

In this You're Not A Frog Quick Dip, Rachel talks about pushback, how it makes us feel, and why we should expect it. She also shares how we can do so and how we can keep ourselves from feeling shameful when we receive pushback. There is more to pushback and maintaining your boundaries than just saying no. By the end of this activity, you will be able to take pushback well and push back strongly but gently.

### Podcast links

[Think Again](#) by Adam Grant

More episodes of You Are Not a Frog:

- [Episode 125: How to Say No and Deal with Pushback with Annie Hanekom](#)
- [Episode 161: The Problem with Boundaries](#)
- [Episode 169: How to Avoid Amygdala Hijack](#)

Reach out to Rachel at [hello@youarenotafrog.com](mailto:hello@youarenotafrog.com)

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### Quote to remember:

*'Nobody likes a no. You will get pushback, the best people in the world get pushback, and wisdom is learning how to deal with it.'*

## What You Will Learn

No matter how harmless our plans can be, there will always be at least one person who will disagree. But this doesn't have to mean you are a bad, inconsiderate, or even selfish person. Getting pushback doesn't mean the end of our plans. It can be a good learning experience where you realize new things about yourself and those you talk to.

Changing how we can deal with pushback will do wonders for your well-being and your relationships with others. Predicting someone's reaction can help you prepare for what is to come. Remembering the reason behind your plans will also strengthen your resolve in the face of pushback. Even if it doesn't make everyone happy, it will make you happy. And that is what truly matters in the end.

## Activity: Take Control with Power Language

**Q1. Remember when you wanted to do something but gave in to the pushback from others. What about what they said stopped you from doing what you wanted?**

**Q2. Was it something you expected them to say or do? How did it make you feel? How did you react?**



**Q3. What do you think made them push back in such a way?**

**Q4. Did you learn anything about that person when they pushed back against your idea? Write them down below.**

**Q5. Did you learn anything about yourself from their pushback? Write them down below.**

**Q6. Were the things you learned about yourself helpful? How so?**

**Q7. After you got pushback from others, what did you feel about what you wanted to do?**

**Q8. Why did you want to do it in the first place? Was it something good for you in the short or long term?**



**Q9. What kind of reaction do you expect from them if you tell them that you won't change your mind?**

**Q10. To practice expecting and dealing with pushback, let's redo this moment in your mind.**

In the first column, write how they will react to your plans. In the second column, write how you would stand your ground. In the third column, write why you will continue despite this pushback.

In the fourth and last column, write what you will say to inform them that you won't change your mind. Remember to empathize with them and their reason for being against what you want.

<b>Their Reaction</b>	<b>How I Will Stand My Ground</b>	<b>Why I Plan on Continuing</b>	<b>How I Will Tell Them I Won't Change My Mind</b>

**CPD time claimed:**

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