

How to Go from Stuck to Unstuck

Ladies, if you find yourself stuck, perhaps it's time to explore the reasons why. With some simple self-assessment, you can ***pinpoint the areas of your life that require change***. It may require you to leave your comfort zone, but in the end, you'll likely find that it was all worth it! It cost you nothing to take the first step... It will cost you everything if you don't!

It's also important for you to build an action plan. If you stay organized and follow a simple plan of action step by step, ***there will be nothing that can stop you from achieving your goals. You are only limited by your own beliefs!***

Here are some ideas that can get you on your way to getting Unstuck:

1. **Set Up Accountability.** When you hold yourself accountable and keep a close eye on your goals, you'll be able to identify when you're stuck in a rut. The first step is to figure out why you're feeling stuck in the first place.
2. **Set A Time Goal.** You're stuck and you'd like to be unstuck, but chances are you've been putting off working toward your goal. You've already decided to make yourself accountable and now it's time to give yourself a time limit - *so do it! Be Realistic!*
3. **Don't Be Afraid.** Being afraid of change is one of the biggest reasons why you get *stuck* in the first place. Perhaps you're feeling trapped in your job and, in order to get the job, you'd like, you must go back to college. You need to get over your fear and see what you need to do to apply. You'll be happy you did when you land your dream job someday. Do it even when you're afraid.... There is always a way!
4. **Look for a Mentor or Coach.** Find someone who has been through your situation or something similar and see how he or she was able to overcome obstacles. If possible, ask questions there is help... Getting help is Brave, Staying Stuck is not...
5. **Change Your Thinking.** It's true: your actions first start as thoughts. When you think positive and brave thoughts, you'll be motivated into action! You must change your thinking in order to Grow!
6. **Take Time.** Remember to take some time for yourself to collect your thoughts. You may discover some insight into how to solve your challenges. Make sure you're completely alone with your thoughts without any distractions. Clarity is beautiful!



Action:

It's easy to remain in the Stuck Syndrome situation because it's familiar and you know what's going to happen. You might even feel safe. However, eventually the dissatisfaction you feel will take over and you'll realize that the only way to get "unstuck" is to *take immediate action to change*.

Make the Change

Once you choose your agenda, you'll *want to break down your changes into small steps*. Track your progress and tweak your system to make sure your changes are making a difference.

For example, if you're feeling stuck in a relationship, you'll first evaluate where you think the concern lies. Perhaps you aren't communicating effectively. If so, you can set a timetable of three months to overcome this challenge.

You can then break down the problem into smaller steps by reading a book on communication, talking about it with your partner, or attempting counseling sessions. As you go through these actions, you're constantly keeping a close eye on how it affects your relationship.

In the end you have a firm decision about your relationship's progress and you no longer feel stuck. If you don't take action it'd be impossible to improve!

Repeat the Process

Once you've applied this system to one aspect of your life, you can use the same strategies whenever you're feeling stuck. Whether large or small, *there are always actions you can take to break through barriers!*

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