

Get out of stuck

Blocks

Once you have a goal for the future, you have a direction. Getting to the goal may not be easy because of blocks. Blocks come in all different kinds. Some blocks are internal. Examples would be anxiety and fear; another would be procrastination. Some blocks are external. Examples would be the relationship you are in, or lack of money.

In the second share, please describe your blocks to your goal.

(continue) -

Action

There are different ways to get through blocks. The best way is by taking action. If you have spent a lot of time with a block, you probably already know what action needs to be taken, but are not taking it.

Not taking action is avoidance. Avoidance feels easier. If you keep doing it, avoidance becomes a feel-good habit because it always feels better. Avoidance is not just convenient, it can become like an addiction. The more you do it, the harder it is to break out of the habit. Then we really are stuck. For some people, avoidance is like their heroin.

Perhaps you can identify particular ways you have of avoiding action. Please describe them.

Here is a common example of avoidance. It's the "If-Then" game. We procrastinate by telling ourselves if a certain condition is met, then we'll take action. If I lose ten pounds, then I'll start jogging. Notice the if-then structure. If I clean up my apartment, then I'll start dating. If I get the courage, then I'll call the doctor. The problem is, we never lose ten pounds, never clean up the apartment and never find the courage. The "if" is the block. So the solution is to go straight to the "then." Just go jogging. Just start dating anyway, and call the doctor anyway. These are actions. Actions go through blocks.

You can't think your way out of stuck, but you could use action. Action is the one method that changes your reality. Action has another quality. Some people feel a lack of meaning in life. When you start into action, the action itself provides meaning. If you take enough action you feel like you are beginning to grow again.