

Get out of stuck

What Problem?

Some people know precisely what their problem is. Other people just know that they are stuck, but don't have exact words. Some people just sense that they have a mess, but cannot say more.

In the first round you are invited to share your stuck problem. The problem may be big or small. But it should be you, not somebody else. Second, your problem is self-diagnosed. If you are here because somebody has told you that you have a problem, don't share it here unless you believe it is your problem.

In the first share, please describe your problem.

Then, describe what it would be like if you didn't have the problem. Please try to describe what it would be like in the future if your problem was resolved.

Your description of the future with your problem resolved is now your goal.

(If you are having trouble finding a problem that you are stuck on, this may be helpful. Life has three areas. (1) Money (2) Health (3) Relationships. Give yourself a letter grade for how you are doing in each area. That may give you a hint where your problem is.)