

What's Got You Stuck? – An exercise

Try this little exercise to explore your thoughts and feelings around what you want (or don't want) to do next, by tapping into your own Natural Brilliance**.

Write It Down:

Write the action or step that you are "stuck" around in the middle of a sheet of paper. Circle that, then divide the paper into quadrants (one line vertically down the center of the page, one horizontally across the center) with your Stuck Challenge in the middle.

In the upper left quadrant, write "P+". In the lower left quadrant, write "P-". In the upper right, write "F+", and the lower right, "F-" (see full diagram on next page)

The P+ is Present Positive. What are the advantages of staying here, and maintaining status quo? List in this quadrant all the things you now have, and/or are concerned you will lose if you change. What are the reasons why it feels okay to stay where you are? You can list logical reasons (I know what I'm doing, I have the training to be successful where I am) or emotional reasons (I feel safe in this place, I have friends here, mom is more comfortable with me around), rational reasons and (perhaps even more importantly) irrational reasons.

The P- is Present Negative. Here you will list all the disadvantages of staying where you are/maintaining status quo. What causes the "pain" in the present? What are the aspects you seek to leave behind? What is uncomfortable about the current situation?

The F+ is Future Positive. List here all the advantages of "going there", of making the change or taking the action in the middle of the page. What benefits will occur for you? What do you imagine will happen for you when you take the action? What do you fantasize about regarding the future state?

Finally, **the F- is Future Negative.** What are the Disadvantages of going there, making the change, taking the action? What are possible downsides? What worries occur for you if you succeed? What reactions might you get from others?

You may want to work with this over a day or so. First, list what comes up immediately. Then set the sheet aside and come back to it later, after your brain has had a chance to sit with the question for a bit. Remember to list emotional as well as logical points in each quadrant. Keep adding over a 24 hour period until nothing more comes up for you.

Next, analyze your situation:

Keys to work on: what is keeping me "stuck?" What do I not want to let go of (P+) and/or what am I concerned about re: the future – might be fears, downsides of making the change/getting what I think I want (F-). Or it may be that the things I consider problems right now (P-) are less of an issue on balance, or maybe there is simply too little pulling me forward (F+).

For example, an F+ of "I will make more money" may be overwhelmed by a F- of "I will have to work long hours".

This exercise will not solve the problem, but it can help you understand what is holding you where you are.

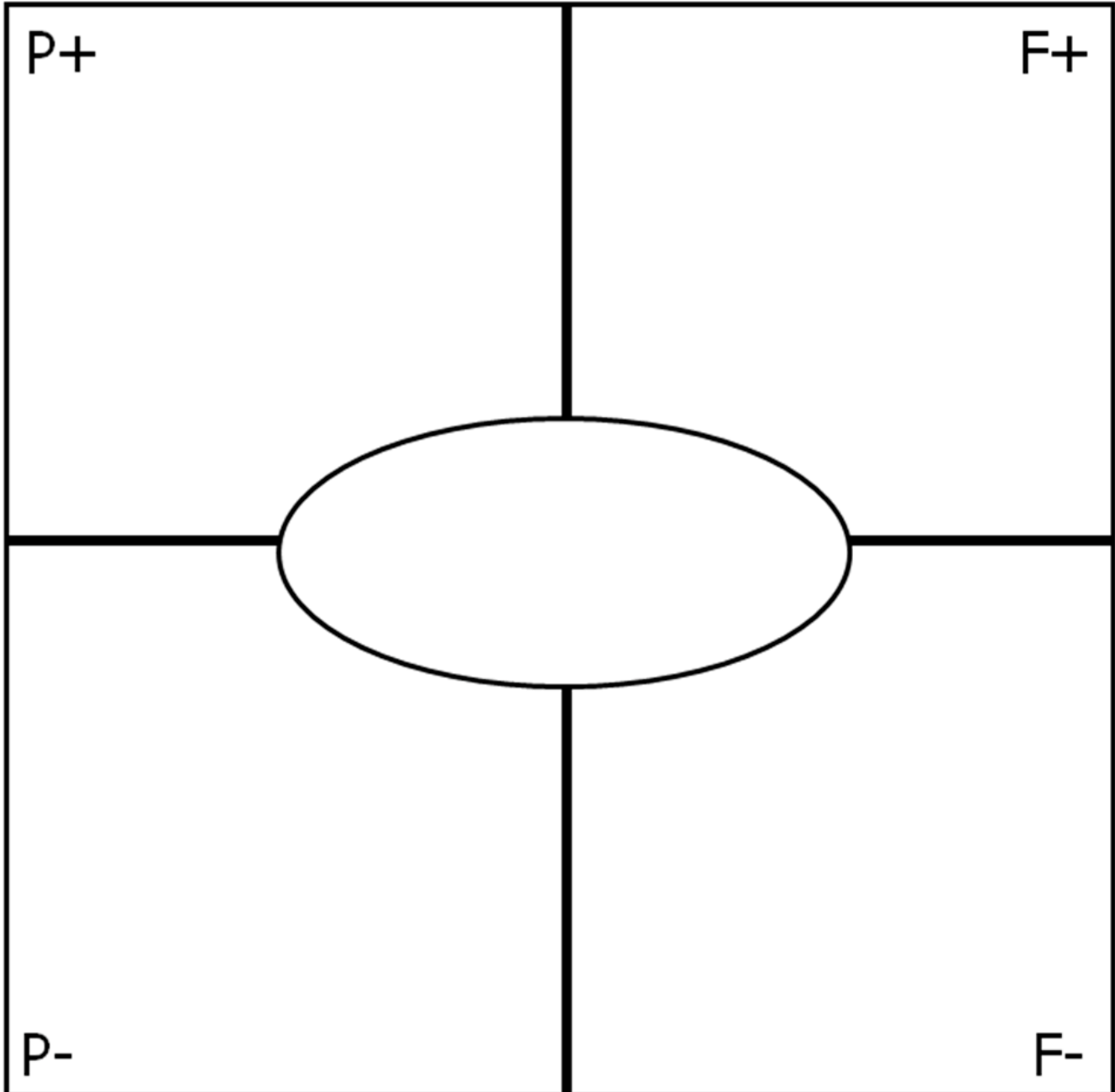
Take Action

Now, the question becomes: What might I do to shift the balance? example, let go of something holding you where you are (remove a P+) or consider how you might overcome a negative of moving forward (reduce the impact of a F-). Talk it over with a friend or a coach to help you generate ideas. It may be as simple as changing the way you look at an aspect of the situation, or

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it may require you do something. Write down your action item(s), and then consider what it will take to follow thru on this commitment to yourself.

Where do you want to go from here?



this is an adaptation of an exercise originally presented in the book, **Natural Brilliance, by Paul Scheele, available free online via BitTorrent