

The Top 10 Things To Do To Get Moving Again When You're Stuck

It's not unusual to feel stuck, trapped, and unable to move from a situation you feel is stifling. Actually, it's part of life and growth. But getting "stuck in" and "growing through" situations are different. Here are ten ways to shift from one to the other.

1. Step back and ask yourself what's really going on.

When you're caught up in the stuff of everyday life, it's easy to lose objectivity. It's a good thing to set aside a little time each day to seriously challenge the obviousness of what seems to be going on. Is there a lesson to be learned that you are missing? Might that setback really a step forward? Will things really turn out as bad as you are sure, now, that they will?

2. Consider whether what's happening has happened before.

Is this a unique situation or is it one-of-a-kind, just another example, in different garb, of an issue you've failed to confront before? If it's the latter, maybe now's the time to solve it and move on.

3. Assume that present events, circumstances, etc. may be less of a "problem" than parts of a larger "process".

There's a fair case to be made for the notion that, in this life, ALL is process rather than result. In other words, what this life is really about is growth and learning. Viewed in this light, where you're heading is not as important as how you choose to get there. (For those who are strongly goal-oriented, this may be tough to swallow.)

4. Ask yourself: What can I do "now" or "next"?

It's the small steps that lead to successful journeys. Don't get sucked in by the suggestion that you've got to do it/solve it all today.

5. Do something, anything!

When you're stuck, taking any step puts you in a different place and helps change your perspective, even if it's a wrong move! And, doing something includes a conscious decision to do absolutely nothing! Sometimes, we have to stop "doing" in order to get a clear perspective, and that's a conscious act.

6. Look for support, near by.

Almost always, help is at hand, a phone call or a touch away. Only, we tend to look way out there or off into the future, thinking that the help we need is just not available to us in our present situation. If, instead, you begin with the assumption that what you need to solve the problem is close at hand, you'll be amazed at how it sharpens your vision!

7. Take the negatives, one-by-one, and toss them out.

Negatives can be just as powerful as positives, depending on how much energy you give them. It's your choice.

8. Take one positive unselfish project and make it yours.

Help someone else, even if you think that you're the one who needs help. And don't be surprised if, in your darkest moment, someone comes knocking at your door--asking.

9. If lack is a problem, try substituting the word, "service", for profit or gain.

You "get" from what you lack, but you "give" from what you are. When you begin to consider seriously how you can be of service, it can be absolutely amazing how much you discover you have to give.

10. Be grateful for every blessing.

It's not big jumps that lead to greatness; it's small steps. The "little" good things that happen to us (and sometimes they seem to be VERY little) are tests of our awareness. It pays off not to flunk these tests!