

WAYS TO GET STUCK		WAYS TO GET UN-STUCK	
1	Stuck in expectation/ideals/rules.	1	Appreciate, be grateful for what you have. My rules are merely my conditioning. Free myself.
2	Stuck in head vs. heart.	2	Trusting in higher power, heart knows the answer (heart breathing).
3	Stuck in what's missing vs. what you have.	3	Emotional flood – stacking the positive.
4	Stuck in what you can't control vs. can control .	4	Shift focus to 3 important things you CAN control (stack it!).
5	Stuck in being right vs. wrong	5	Ask yourself: Do I want to be right or do I want to be in love?
6	Stuck in self vs. others.	6	Realize the truth. Nothing to do with him/her – all me – my past conditioning. Change it with 100% responsibility.
7	Stuck seeking to be understood before you understand them.	7	Reverse it. vs. Rerverse. See first to understand them vs. seeking to be understood. Do you even understand yourself? Write down what you want them to understand, turnaround and write your prescription.
8	Stuck in a concept of perfection .	8	Remember the truth; perfection is an Illusion, it's the lowest standard because there no such thing.
9	Stuck looking at things through eyes of child vs. adult you really are.	9	5 A's (Attention, Acceptance, Appreciation, Affection, Allowing)
10	Stuck in masculine or feminine based on conditioning.	10	Access: both energies are available to you at any moment you need them. Move dance push through.
11	Stuck in a Story	11	Higher meaning/Belief: Life is always happening for me, not to me.

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12	Stuck asking a disempowering question.	12	Ask quality questions. What's the good/beauty/ what can I learn? Where's the gift?
13	Stuck in an un resourceful pattern of physiology (low energy vs. high energy).	13	Radically Change physiology NOW <ul style="list-style-type: none"> •Slow breath – count to 10. •Explosive breath •Movement •Big Temperature change •Brush teeth/wash face •Music
14	Stuck in a disempowering focus.	14	Shift Focus, can do by asking more empowering questions. Problem solving questions.
15	Stuck in a pattern of disempowering language word/ meaning.	15	Transform your TV/Global Metaphors. Use power positive incantations to condition.
16	Stuck in a time zone (Past/present/ future reference).	16	Find the answers to your questions/challenges by shifting from different perspectives (past/ present/future) the resources are in you.
17	Stuck in a modality (visual, auditory, kinesthetic) or sub modality.	17	Shift and utilize other resources, touch, sound/ music, incantations, dramatic movement. Bring it closer or further away, bigger or smaller, loud or quiet, decrease pressure or increase relaxation.
18	Distorting/deleting/generalizing .	18	Byron Katie: 3 Questions and The Turnaround
19	Overvaluing certain needs over others (certainty vs. love) .	19	Find empowering ways to meet needs. Shift your driving force (top 2 needs).
20	Stuck in learned helplessness (thinking problem is permanent, personal, pervasive.	20	Knowing it's not permanent (just a wave) not personal (not about me). One area of life does not define me.
21	Stuck in an element (wood, fire, earth, metal, water)	21	Step into element you need (Ex: Metal needing to cool, water. Metal needing to melt, fire).