

Still Feeling Stuck in Worry and Fear?

“Even if you are on the right track, you will get run over if you just stand there.”

Mark Twain

Taking responsibility for feeling “stuck” in your worry and fear is not about blame or self-loathing—it’s about insight, self-awareness and problem-solving. Take responsibility for your worry and fear by observing yourself. Tune into your thoughts and actions when you feel stuck in a worry loop, procrastinating about using tools or even when frozen in fear. Notice what thoughts justify your procrastination, worry or stagnation. Identify your resistance to healing.

All thoughts and actions that apply to you.

1. “I’m stuck because I tend to do what is easy and I avoid conflict. Worrying is easier than making real changes or facing fears.
2. “I’m stuck because I am afraid to ask for help. I never delegate tasks. I am too ashamed to let anyone know the real me. I remain stuck in my head, guarding my secret worries.”



3. “My life is stuck in chaos. I have too much stuff, too much to do and never enough time. I’m afraid that I don’t even know where to start!”
4. “I’m stuck because ...what if I fail? I hate mistakes. I don’t even try if I think I will fail.”
5. “I feel stuck in worry because nobody really understands or cares. I feel so alone, nobody really gets my anxiety.”
6. “I’m stuck because I have always been a procrastinator. I wait to the very last minute. I’m worried that I will always be like this.”
7. “I resent the fact that I am the one who has to change. Why should I overcome my worries and fears? Why can’t they just understand and do what I want them to do?”
8. “I’m afraid that if I stop worrying, something terrible will happen. I would rather worry than be caught off guard!”
9. “My whole family worries. If I stop worrying, I won’t know how to relate to my family anymore. What would I even talk about to my friends?”
10. “If I stop worrying, then they will think I don’t care anymore. I can’t be that mean.”

Scoring: If you related to multiple items, consider taking all of the tests in tool #5. Discuss this check list and your other test results with your health care provider who can determine if issues such as Attention Deficit Disorder, Anxiety Disorder, Depressive Disorders, Obsessive Compulsive Disorder or another underlying medical condition are impairing progress.