



When Digging Oneself into a Hole...

From the Collective Cafe



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Life can sometimes feel like a relentless dig in search of treasure, only to discover you've been using your shovel to dig yourself into a metaphorical hole. That's where you find yourself trapped, surrounded by walls of mistakes, despair, arrogance, or stubbornness. Whether it's in our personal lives or our careers, we've all been there, wielding that metaphorical shovel, desperately trying to climb out of the darkness.



But the old saying goes, "*When digging oneself into a hole, the best thing to do is stop digging.*" And, honestly, grabbing a bigger shovel isn't going to help either! You'll just end up making the hole bigger or worse. This isn't a physical pitfall we're talking about; it's a unique quagmire of life's own creation that requires a new perspective, a fresh outlook.



Let's toss aside those traditional tools and embrace a more enlightened path, one where being on the back foot is no longer the end, but a beginning. In this amazing session of the Collective Cafe, I set out to redefine what it means to be in a hole and, more importantly, how to emerge from it, not just unscathed, but revitalized and empowered.





Stop Digging

The familiar feeling of digging oneself into a hole, whether it's in a heated argument or a stubborn approach to a problem. But here's an idea: **Stop Digging!** Now, that might sound a little flippant or overly simplistic, but let's dig deeper into this concept.

To stop digging, you must first evaluate what's going wrong. The ability to hit pause on what's causing that deepening hole puts you in a better position to understand why you got there in the first place. Is it pride? Fear of showing vulnerability? Societal perceptions that tell you to "be a man" or that you can't show weakness? Move aside, Dr. Phil; I just gave you a free therapy session!

But seriously, this notion of stopping to dig is about reflection, about pausing, resting, and clearing your mind of the stresses and limiting beliefs that might be driving you insane. It's about understanding why we sometimes continue to dig our heels in, even when we know it's wrong. Sometimes, the best action might be inaction, a moment to just stop and reevaluate the situation. As the metaphorical hole gets deeper, it's much harder to call for help or figure out how to get out of it.

So don't let societal shackles or personal pride drive you deeper into that hole. Stop digging, reflect, evaluate, and maybe even find some humor in the situation. It's not just about stopping a harmful action; it's about understanding why it's happening in the first place...and then consciously choosing a different path. After all, it's much harder to climb out of a hole if you keep making it deeper.





Build a Ladder - Creatively

You know, when you find yourself in a hole, trapped by the very problems that might have consumed you, your escape might seem impossible. So look around you, the answer might be right in front of you.

Let's channel our inner MacGyver (if you don't know him, you're probably Gen Z or Alpha, so Google him, it's worth it). MacGyver was a legend of making something extraordinary from seemingly nothing. Now, this hole you're in might be made of fear or failure, but in examining what's buried in the soil, you might discover the very materials you need. A metaphorical ladder can be crafted with nothing but creativity, lateral thinking, and a pinch of determination.

Building a ladder creatively isn't just about finding some wood and nails lying around; it's about discovering those hidden talents within you that you didn't even know you possessed. It's about leaning on your network, cobbling together resources, and thinking laterally. Maybe you're not really as deep as you think, and all you have to do is stand up, look up, and take control.

In a time of crisis, those hidden talents emerge, and suddenly, the unconventional becomes the only way out. Don't wait until you are failing or have failed; rather seize the opportunity to climb out. **Don't just dig; build.**





Invite a Friend

Here's another simple, yet profound solution: Ask for help. Yes, it sounds almost too easy, doesn't it? But don't let pride or a fear of appearing weak hold you back.

There's a power in asking for help that's easily overlooked, especially when we're wrapped up in our own predicaments. Do you have a cellphone in your current hole? Is there a connection (literally and figuratively)? The act of picking it up and calling a friend is a solution in of itself. But it requires recognition that you need help, which is sometimes the hardest step of all.

To ask for help, you must first overcome your pride and the fear that you should be able to handle everything on your own. That's not a weakness, it's a strength; it's wisdom. Having the courage to actually ask for help is a game-changer.

The next time you find yourself in a pickle, remember: **You're not alone.** There are people out there who can provide a fresh perspective or a helping hand. All you have to do is ask. And that simple act could turn a seemingly hopeless situation into a triumph of human connection and collaboration. **Dial that metaphorical phone; you never know who might answer.**





Turn the Hole into a Well

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Use a Trampoline

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Create an Elevator (Pitch)

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Throw a Rope to the Surface

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Use the Dirt

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Embrace the Darkness

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Dig a Tunnel to Freedom

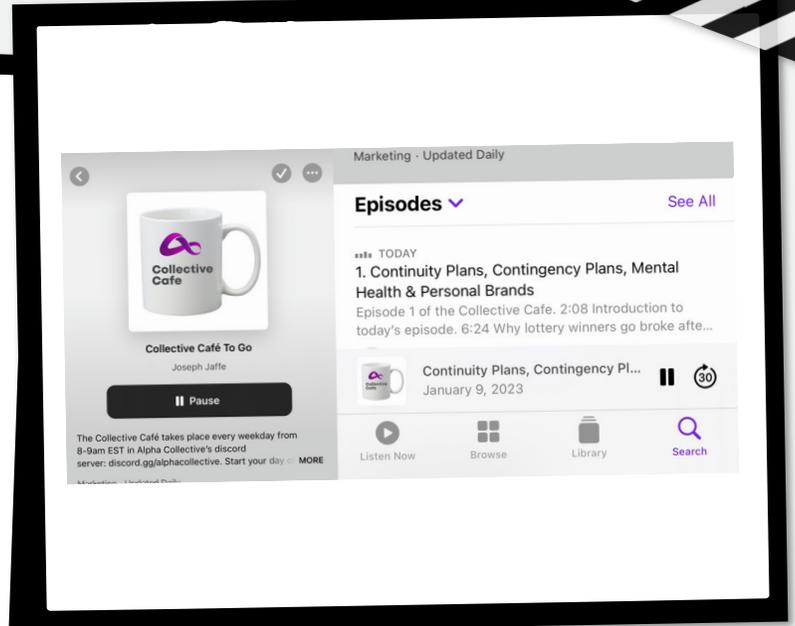
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About the Collective Cafe

- The Collective Cafe is Alpha Collective's (alphacollective.xyz) audio-first, Virtual Coffee that takes place Monday - Friday, 8-9am EST in Discord and via Zoom
 - + Join the Discord via: <https://discord.gg/alphacollective>
 - + Join the Zoom via: <https://bit.ly/collectivecafezoom>
 - + Subscribe to the Podcast via: <https://bit.ly/collectivecafetogo>
- Our schedule:
 - + Monday: Manifestation / Motivation
 - + Tuesday: Thought Leadership
 - + Wednesday: Wellness
 - + Thursday: Live Book Reads
 - + Friday: No Agenda / Open Mic / Joseph Jaffe is not Famous Episode Recaps



About Joseph Jaffe

Forever Changed is Joseph Jaffe's 6th book. It is his best one yet. Everything in his life has been leading up to this.

His previous books include Life after the 30-second spot, Join the Conversation, Flip the Funnel, Z.E.R.O. and Built to Suck.

As a teacher, facilitator and coach, Joseph helps high-achieving entrepreneurs, business owners, and their leadership teams get unstuck, return to growth, and become forever changed. He does this as a Professional EOS Implementer® at EOS Worldwide (www.eosworldwide.com/joseph-jaffe)

He is the creator, showrunner and host of business talk show "Joseph Jaffe is not Famous."

(www.youtube.com/josephjaffeisnotfamous and subscribe at www.bit.ly/subscribetotheshow)

He shares his knowledge and experiences via his Substack (www.jaffejuice.substack.com) and weekday virtual coffees in the Collective Cafe

Jaffe is @jaffejuice on all the major socials.

For all additional links, please visit www.foreverchanged.life and www.linktr.ee/jaffejuice

