Quick Guide – Get Unstuck
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The goal is to get unstuck. One way to do this is to:

a) Find out what you need now and
b) Find a way to take care of yourself, i.e. get that need met

I have found that in order for me to feel better, I need to either

a) Get something done or
b) Take care of myself

Some useful things to do to help figure this out are:

1. Observe at and list the things you are doing, that are currently on your plate.
2. Turn your attention to focus on the things that are good. Highlight them.
3. Listen and make a note of what the voice in your head is saying. Is it negative or positive? How does what it is saying make you feel? If it doesn’t make you feel good, or is bringing you down in any way, then make an effort to change what you say to yourself - consciously. Listen for it, and change it. Say something positive and constructive, supportive. Make an attempt to notice your thoughts and say to yourself, “if I don’t like the thought, OK enough of that thought. I am going to think something else. Something that encourages me.” (example below).

The idea is to note the state you are in, for example, if you notice you are angry, ask yourself "Is there something I can do to move this forward?" and then do it. That's how to constructively use anger. Take the necessary information you’re your anger is telling you and use it to inform yourself about what needs to change, instead of ruminating the same angry thought, over and over and getting nowhere.

Some things will/do take time to work out - and that you have to accept, but in any moment, you can check in with yourself.

To attempt to figure out what I need, I ask myself the following questions:

1. “What am I needing right now?”

   If I can't answer this directly, then I ask myself:
   What am I thinking?
   If I find myself thinking angry thoughts go to “Angry” below, etc.
   What am I feeling?

Then I ask myself more specific questions. Sometimes I feel that I need to do something, sometimes I feel that I don't want to do something. With each of these, I ask myself what or why and then ask myself what can I do about it?

For example, I like when my room is uncluttered, but often when I come back from a long trip, especially if the trips are multiple trips back-to-back then I haven’t had time to clean my room. After a few days, I find it depresses me. So in this case, I may need to do something, like clean up my room. If it’s too much, then I just pick one small part (a baby step, i.e. something I know I can
absolutely do, without question, like hang up a shirt) and do that. It's a small step, but it gets you moving, and moving is unstuck!

Ask yourself “What is going on with me at this moment?” What are you thinking?

If you are feeling/thinking:

Frustrated:
   Is it with someone else?
      If so, ask to speak and ask them what's happening with them?
      Maybe they are frustrated too.
   Is it with a situation?
      Is there something you can do to help?
      Is there another way to look at it?
      Is there “any” progress being made?
      Are your expectations in need of adjustment? Can you adjust them?
      What is the frustration telling you?
         Is it telling you that you need to be more patient?
         Is it telling you that you need to leave it?
            For a while?
            Leave it completely?
            Something else
      See more about frustrations below

Annoyed:
   What do you need now?
   Can you do something else?

Energetic:
   What do you want to tackle now?
   What is the right match for your energy?
   What gives you the most return on your investment of energy?
      Is this a time to play or work?

Tired:
   What do you need to do to get yourself in a position where you can rest?

Angry:
   What is the anger telling you that you need to do or to say?
   What do you need to do to prepare/protect yourself?
   What outcome do you want?
   What is your plan once you find out you will not get that satisfaction
      (for planning and preparedness circumstances)

Irritable:
   What do you need now?
   Are you tired?
   Can you lay down? Meditate? Go for a walk?
   Go sit down or go to the bathroom and take a break?
   Are you hungry?
      If you are hungry and you've eaten, then take a bit of something
         small just to satisfy the hunger, instead of eating calories you don't want.
   Are you light headed?
   Are you ill? Hungry? Dehydrated?
Sad:
Take a moment to yourself.
Ask yourself what to you need now?
Do you need a few moments or do you need more?
If you need more, take time to figure out what you need
and see if you can plan it. Give yourself the time you need.

Disappointed:
Allow yourself to be disappointed and then consider resetting expectations.
If you're disappointed then there probably was a mismatch between what was
expected and what happened. Look at this mismatch.
What do you want to do?
Try harder or try different?

Baffled:
Ask yourself:
Am I feeling bad because of something I'm thinking?
or do I need to take care of my body?
If body:
What does your body need?
(is there an ache? pain? stiffness? etc.?)
(This is a short and simple list it may not be complete here)

If mind:
Ask yourself “Is it what I am thinking?
What I think affects how I feel.
Who chooses my thoughts?
What are the thoughts telling me I need to do?
Change the thoughts
- can you turn it around? (Katy Byron)
- ask if you are believing the thought - and why? And
  consider: stop believing the thought
- notice the thoughts can pass
  (and gently guide the thoughts out of consciousness)
or
Take some action
(clean room, pay bills, write, etc.)

Make sure time for BALANCE
  exercise
  gratitude - thank those who are supporting/helping (tony robbins)

A note on frustrations:
Frustrations are opportunities
.....from these opportunities you can focus on what need is not being met
.....then, from identifying the unmet need you can discover what you really value
.....it is when we know what we value in life, that we can see how we want to live our life.

(ie: if we have friends that do not follow-through with what they say they are going to do, we get
frustrated because we need this to happen. And from this we realize we value people/friends who
follow-through with what they say they will do, and we work towards communicating this and
finding friends who share these values. Now we can trust our feelings of frustration, and our friends and feel at ease and more peace.

Goals: It also helps to set some goals, but if you feeling overwhelmed, be extra careful about the goals you set, they need to be either completely focused on restorative or balanced. It depends on where you are and what you need. For example, if you have a ton of stuff to do, you still may still need to totally take a break to restore yourself.

Changing your thoughts:

For example, when I jogged one morning I noticed I had thoughts I wanted to change, they were bring me down. I wanted to change these thoughts, to unstick my brain. I looked around and I was passing by a bank that flashed its phone number in large illuminated red letters. I decided to take that number into my consciousness and repeat it to myself. I also challenged myself to visualize how the pattern of the numbers as if I were dialing it on a touchtone phone. I did this deliberately to change the pattern of my thinking and disengage from my angry thoughts.

I make a conscious effort to keep a thought I want to think and to not keep a thought I don't want to think.

For example, running one morning, someone across the street yelled over to me saying "Your doing great." I thought to myself that I like hearing that thought and that I should keep that thought and tell it to myself. So I immediately started repeating to myself "I'm doing great." Another day I was jogging and a man on a bicycle going the other direction passed me and yelled "Your on the wrong side." It startled me. I moved over to the right (we were in the US), he said thank you. I noticed he said thank you but I didn't like the "you're on the wrong side" as if it were written on the pavement or posted somewhere. So I decided not to repeat that to myself because it might have a negative connotation.

Sources:
This quick guide to a getting unstuck process came from integration of many various things I've come across and analyzing my own process:

Tony Robbins Questions from Notes to a friend (a short concise succinct piece by Robbins). Also tapes from one of his workshops.
Katy Byron,
Jamie Johnson Lifestyle Coach
Gruber's work - integrity intelligence?),
Buddhist practice,
Marshall Rosenberg (Non Violent Communication),
Sydney Banks, Tony Robbins, David Burns, I Ching