

How to Stop Feeling Stuck

What to Know

Do you feel stuck in life? Maybe you have a boring job, an unfulfilling relationship, or just a general sense of indifference. Perhaps you lack a sense of direction and purpose. You can stop feeling stuck by identifying why you feel that way, and then make some changes to improve your mental, physical, and emotional well-being.

Why do you feel stuck? There are ways you can get emotionally and mentally unstuck and it begins with self-awareness. Identifying the cause of your feelings can help you narrow down strategies to regain a sense of purpose and forward momentum. Check off any of the following that apply to you. Do you:

- feel overwhelmed, stressed, or burnt out
- have many life challenges
- have a mental health issue
- feel unsure what you want out of life
- doubt your self-worth or abilities
- feel exhausted, like you never get enough rest
- self-sabotage or limit yourself
- lack adequate support or resources
- have financial problems
- feel lonely
- feel confused
- frequently experience boredom
- lack a deeper sense of meaning or purpose
- refuse to accept change, loss, or transition
- have unclear goals
- tend to be a perfectionist
- fear uncertainty
- experience a conflict between your desires and what other people want
- have excessive concern about somebody else's opinions
- other: _____

Here are some tips to get unstuck.

- 1. Become aware of patterns.** Notice patterns that cause you to recreate familiar cycles.
- 2. Take responsibility.** Blaming others can lead to feeling like you've given up control of your life and choices. Instead, take responsibility of what you can.
- 3. Be present.** Practice mindfulness techniques to become present in the here and now. This allows you to make decisions from a place of calm and clarity.
- 4. Detach from unrealistic expectations.** If you tend to be a perfectionist, remind yourself to have realistic and manageable expectations.
- 5. Choose self-love.** Be your own best friend, instead of your own worst critic. When you practice self-compassion and self-care, it increases your energy and motivation.
- 6. Create a vision.** Develop a vision for what you want in life. Write out your personal manifesto, create an action plan with measurable steps, and regularly visualize what success means to you.
- 7. Ask for help.** Your support network is essential to your well-being. Ask for the support you need and deserve.
- 8. Practice healthy detachment.** Honestly evaluate how you feel about your current relationships, job, or even yourself.
- 9. Cultivate inner strength.** View setbacks and mistakes as important parts of learning, and turn them into opportunities.

This worksheet will help you create a plan of action to stop feeling stuck.

What to Do

The first step is to determine exactly what about your life isn't working. What is making you feel stuck where you are? Be specific.

Why do you feel stuck *right now*? What's going on?

What is holding you in this situation?

Describe a time in the past you felt stuck. What did you do then to get unstuck?

Evaluate how you feel about your current relationships, job, or even yourself. Are there any aspects of these things that make you feel stuck? Explain.

Is change possible? Why or why not?

What might happen if you let go of all the negative thoughts surrounding where you feel stuck?

What are the resources, people, places, qualifications, money, or whatever else you might need to get unstuck? Be specific.

Is there a mantra, quote, or something you can repeat every day that will motivate you? Write it down.

Who or what inspires you?

Who can help you?

What specific tools do you need to make a change?

What can you do *right now* to shift your mindset to feel ready to take the first step toward change?

Who or what is holding you back from taking that first step?

What is one action step you can take *right now* to feel less stuck?

Now write down your plan of action. Describe each step, big or small, to make the changes you need to make to get “unstuck.”

1. _____
2. _____
3. _____

4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Commit to doing one thing. Circle the number above of the step you will take. Write down the date you will do it: _____

Reflections on This Exercise

Did this activity help you feel less stuck? Why or why not?

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?
