

StartingOverNow.com

Transforming small businesses and non-profits with a goals-to-results strategy

The Get “Unstuck” Worksheet

When you suffer you are holding onto a belief that is in direct conflict with what is actually true. Stress comes from attaching to a perception or a conviction that is, upon further reflection, false.

1. Write down the painful story (ies) that runs over and over in your mind like a broken record – the one that make you angry and feel abandoned, resentful and hurt. Every story of pain is a variation of the same theme: Life isn't fair. This shouldn't be happening to me. There is no God. I don't deserve this. Other people get all the breaks.

2. Who angers, hurts and disappoints you and why? What specifically about them do you not like?

3. Why do you want them to change? What do they need to do?

4. What is it that they should or shouldn't do, be, think or feel? What's your advice?

5. What do you need from them to be happy?

6. Make a list that judges them – be petty.

7. What is it that you never want to experience with that person again?

The Transformation:

1. Is what you are thinking really true? Can you be sure?

2. How do you react when you believe that thought?

3. Who would you be without that thought?

4. Your Pivot Statement(s): Rewrite #1 turning it around. Use “I” instead of “he” or “she.” Or turn the negative verb into a positive – ie: He doesn’t appreciate me to – He appreciates me. Write three examples of how this is true for each statement.

1.) Pivot Statement:

a.) Example of how it is true:

b.) Example of how it is true:

c.) Example of how it is true:

2.) Pivot Statement:

a.) Example of how it is true:

b.) Example of how it is true:

c.) Example of how it is true:

3.) Pivot Statement:

a.) Example of how it is true:

b.) Example of how it is true:

c.) Example of how it is true: