

GETTING UNSTUCK

A REFLECTION WORKSHEET



1 WHAT AM I CURRENTLY DOING THAT'S GETTING IN MY WAY?

2 WHEN I STEP BACK TO CONSIDER WHY, DO I FIND MYSELF ALLOWING THE ANSWER TO EASILY COME TO ME OR AM I EVALUATING IT WITH JUDGMENT?

3 ARE THERE "SHOULD" ATTACHED?

4 WHAT ARE THEY AND WHERE DO THEY COME FROM?

5 IMAGINE THE "SHOULD" ARE GONE, HOW DO I FEEL AND WHAT'S LEFT GETTING IN MY WAY?

6 IF I WERE TO GIVE IT A TRY, WHAT POSITIVES WOULD IT CREATE?

This process of the good life is not, I am convinced, a life for the faint-hearted. It involves the stretching and growing of becoming more and more of one's potentialities. It involves the courage to be. It means launching oneself fully into the stream of life. - Carl Rogers

