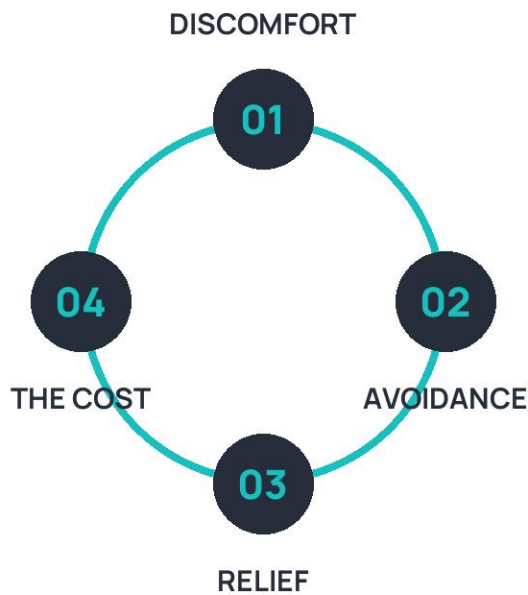


Stuckness is rarely one big problem. It is usually a loop.

Map yours on this page, then find the point where it can be interrupted.



Discomfort asks for movement.

Avoidance buys relief.

Relief teaches your nervous system
to reach for avoidance again.

And the cost quietly grows.

WRITE FIVE SENTENCES

1. What do I want?

Be concrete. Not better. Name it.

2. What discomfort shows up when I move towards it?

Write the feeling, not the essay.

3. What do I do to avoid that discomfort?

Scroll, delay, overwork, research, rescue, numb...

4. What relief do I get from avoiding?

Be honest about the payoff. Avoidance survives because it gives you something.

5. What does that relief cost me?

Self-trust first. Then time, intimacy, health, opportunity.

WHAT FUELS YOUR LOOP?

☐ **FEAR**

Sometimes dressed up as common sense: be realistic, now is not the time.

☐ **SHAME**

Being stuck proves something about me. It creates hiding, not movement.

☐ **OVERWHELM**

A next step turned into a mountain range. A brain cannot carry a whole future as one action.

☐ **DEPLETION**

An exhausted system asking for recovery, not pressure. Depletion is not laziness.

☐ **UNCLEAR VALUES**

When values are vague, busyness becomes a substitute for direction.

Tick the one or two that fuel the loop you mapped on page 1.

WATCH FOR THREE FALSE EXITS

1. More insight without action. Understanding names the pattern; action interrupts it.
2. Intensity. A plan that cannot survive an ordinary Tuesday is not a plan yet.
3. Waiting for confidence. Confidence is the result of movement, not the entrance fee.

YOUR FIVE-MINUTE INTERRUPTION

When I feel discomfort, I make contact for five minutes.

My five-minute contact action today:

The purpose of this action is not transformation. The purpose is evidence.