

THE COACHING HUB

Podcast Episode 22 - How to take action when you feel stuck

That stuckness can feel all consuming, and the idea that they have the resources inside them to find the solution, even though they do, even though we all do, may feel like a massive stretch. So what do we do? How do we take action when we're feeling stuck? The very first thing to consider is what are we gaining from staying where we are?

Hello, and welcome to the Coaching Hub podcast with me, your host Ruth Kudzi. If you're a coach or you're coaching curious, this is the place for you. We're going to be talking all things coaching, personal development and business development in a really fun way. You're going to hear live coaching sessions and you're going to come away with tools and techniques that you can practically use and take away.

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Hello and welcome. Let's be honest. We all get stuck at times. We can feel like we're walking through treacle, or as somebody shared on Instagram the other day, we may feel like we're walking through chocolate. If that is the case, how do we move forward? How do we get out of the treacle or the chocolate and take action? How do we get out of the sofa and go for that run?

Today I'm going to talk about how we can take action when we're feeling stuck and what might be going on with us on a cognitive and emotional level which keeps us stuck and keeps us in that place where we're safe, we're comfortable, but we're pretty annoyed with ourselves because we're not where we want to be. When we are stuck it can be incredibly hard to get out of our stuckness, and as a coach working with a client who's stuck can be challenging. Because when you are asking them what they can do, when you're asking them how they can be different or feel different or act differently, they may well find it hard to visualize or imagine a different way of being and doing, because that stuckness can feel all consuming and the idea that they have the resources inside them to find the solution, even though they do, even though we all do, may feel like a massive stretch.

So what do we do? How do we take action when we're feeling stuck? The very first thing to consider is what are we gaining from staying where we are? We often stay in places, in relationships, in situations, in jobs, in businesses because the fear of the unknown. The fear of giving that up is greater than the fear of staying where we are, so we stay in a situation because the story that we're telling ourselves in our head is more terrifying than where we are. This is why we call the comfort zone the comfort zone, because it's comfortable. It's like a sofa. It's a great place to be. We're not challenged, we're not under any threat, everything is okay, so let's stay there. Let's maybe stay there a bit longer, because if we start challenging ourselves who knows what's going to happen.

All of us at some point in our lives have found ourselves in a situation where we are staying somewhere that we don't really enjoy, or we are stuck because that forward movement emotion is more terrifying than staying where we are right now. Now it may be that there are actual structural barriers and things that you need to overcome before you can take action. But for many of us, it's related to our mind. It's related to our mindset, our emotions, and what is going on cognitively for us.

So let's have a think about that. If we are thinking about what is going on on an emotional level, so we have these things going on for us cognitively and emotionally, and they stop us taking action. They keep us where we are. They keep us safe. So let's have a look at that.

I want you to think about what comes up for you emotionally when you think about taking action, when you feel into what taking action is going to mean? What's going on in your body? What's going on with your emotions? Where are you feeling resistance? Because often it's that emotional association with the action which keeps us stuck. So if we are fearful that something's going to happen, then our unconscious mind will stop us taking that action.

I'm going to give you an example where I remember really early on in my business, and my accountant was asking for access to my bank account. I didn't want to give it to him because I thought that maybe I've made a mistake, and in my head I had this association because I've learned it from witnessing this happening to one of my friends' dads who had a business and he didn't manage his money right and he was bankrupt, and he actually went to jail for a period of time because of the financial goings on. Or in my head, that's what I thought it was. To be honest, I don't really know the [inaudible 00:05:56]. I was a child at the time when this happened.

I have this association between accountants and prison, so obviously this unconscious pattern in my brain is saying an accountant is not going to be a good thing. Now, consciously I knew that everything was okay and merely he wanted to do my accounts, as that was the job that I was paying him for. But unconsciously I wasn't doing it because I had this negative emotion, this fear attached to what could happen.

So I want you to really consider what your emotional response and tag is to what could happen, and how you can examine that and say, "Right, okay, well how true is this? How likely is this to happen?" Often it is about us really uncovering what that is so then we can move forward. So for me, it was me saying, "Okay, how likely is this to happen? Well it's pretty unlikely. Let's get on with it and let's do it. What's the first thing that I need to do?" That's one of my favorite questions to ask someone. "What is that first thing that you need to do? Now that we've looked and uncovered that emotional association, where do we go next?"

Now, there can be, as I said, the mindset things, but also we can start to doubt ourselves. We can start to lose trust in our abilities, so we don't take action because we're not sure what action to take. If this is you, I'd love you to try this activity, and I hate the word try so I'd love you to do this activity. There's no trying, you're going to do it. Try means that you are already setting yourself up for failure because it is in that word. So I'd love you to do this activity. I'd love you to write down all of the things that you could do right now. You could either do these on Post-it Notes, one each Post-it Note, or you could do a classic list.

Then I want you to look at those, and I want you to just count those things that you're not going to do, I want you to think about why you're not going to do them, and then I want you to think about the things that you want to do. I want you to put those in priority order. When you're doing that, I want you to feel into your body and your emotions which one of those feels like it's going to get the best result for you? Which one of those feels the most exciting? Which one of those do you think is the best place to start? I want you to do it. I want you to take that action. I want you to commit to doing that one thing.

If you're still saying, "I don't know what to do first," who do you know who can help you? Who do you know who's solved a problem like this before? Who do you know who's been in a situation like this before? If you were that person, what would you do? Or go and ask somebody for help. This is often the easiest way to get out of our stuckness and to get out of our own way, to break down something that seems massive into a smaller action. Because when we've done that first thing, it's so much easier to do that second thing. When we realize that emotionally when we do that first thing, we feel relief and we probably feel like we've got a bit more energy for other things, it helps keep us motivated to do the next thing.

Now, we all feel stuck at certain points, and actually, even the process of feeling stuck allows us to stop, reflect. It allows us to problem solve like I've described them, but it may also help you connect with if you want to be doing this thing, how important is this thing for you? Is it the right thing for you to be doing? Because often it is about that pattern, what is going on for you, and how can you move forward? So I also want you to examine that when you are stuck, that actually do really want to be doing this, and this aligns with

your goals and this feels good, and that result that you're going to get at the end is something that is important here. Then I want you to go for it.

I'd love to know what it is that you're going to overcome, what it is that you're going to take action towards. The smallest steps get the biggest results, and if we're looking at creating new neural pathways, we do so by continually taking consistent steps towards something. That's how we build it, focus and action together.

Thank you for listening to the Coaching Hub podcast with me, Ruth Kudzi. If you enjoy this, I would love you to join my Facebook group The Coaching Community for more of the same.

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