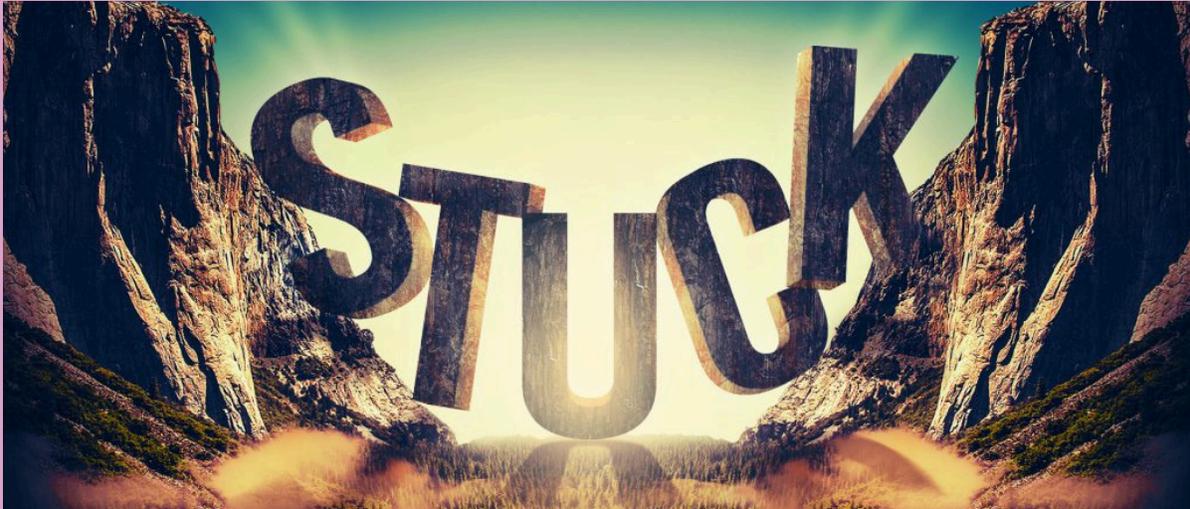


Getting Unstuck



What does it mean to be “stuck” in the first place?

According to Dr. Rami Nijjar, it is a common occurrence that people find themselves accustomed to a certain pattern of behavior or thought process that relates to self and those around them. When these patterns become unhelpful and/or a hinderance to one’s desire to lead a fulfilling and worthwhile life, this is when there is a realization of being “stuck” in these patterns.

What does it means to become unstuck

Becoming unstuck begins with a realization that relied upon behaviors and ways of thinking have become burdensome, or counteractive, to personal progress and fulfillment in life. To be unstuck would entail that we could look on our behaviors and thought process without judgement, in a way that allows for proper acknowledgement and working toward patterns that are more conducive to our overall well-being in life. With proper acknowledgment of the behavior, we often realize that many of the patterns we exhibit were molded in past years, perhaps as

a mechanism for survival. For instance, if when growing up a child is in an environment that is not open to sharing feelings, there is a high likelihood this child will grow into an adult that suppresses emotions and lacks the capabilities to demonstrate healthy emotional expression.

The issue of the matter is exacerbated when we look at these behaviors and judge them/ourselves harshly. Which is why becoming unstuck calls for an extension of acceptance and grace to oneself—perhaps even a younger version of ourselves.

Five Ways to Begin Work

)Pause – When realizing that you are acting on/demonstrating an unhelpful pattern...pause. Give some deeper thought as to the underlying thoughts and emotions behind it. Be there in the moment. What do you feel you need? What else might this pattern be trying to tell you about yourself?

Written by

Monique Najara
MSW Intern

Published by Hope Recovery, Inc.
www.hope4-recovery.org

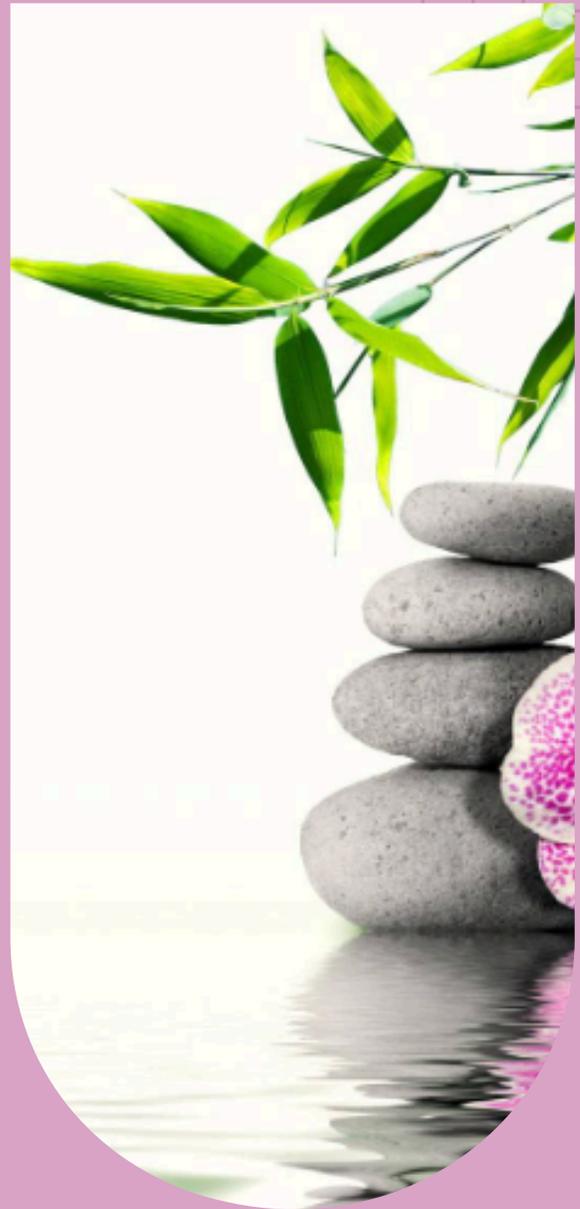
Practice Self-Compassion – Sometimes self-criticism is the default for when you may be experiencing unhealthy and unhelpful pattern; however, all self-criticizing accomplishes is to bind “us to our shame and makes it impossible to act in a goal-directed way”. Whereas self-compassion serves in helping to lead toward healthy change.

Discover Different Parts – Within your early environments throughout life, different aspects of who you are formed as a way to meet the demands of that specific time in life. It is often that there may be these “parts” of us that we don’t care to know or understand because they may invoke feelings of shame. However, ignoring these separate parts of our being only perpetuate unhelpful patterns by derailing the process of finding out what it may be that this part of you needs in order to move forward beyond any unhealthy patterns. Next time you experience such a pattern, ask yourself...What early memories do you have of this reaction to things? Why might this part have manifested at a time in your life? What is this part of you still holding onto, or protecting?



WRITE, WRITE, WRITE! – If your acknowledgement and reflection on a particular pattern leads to a time in your life of trauma, try taking part in free flow writing about the event. Get all the raw thoughts and emotions on paper and reflect on these deeper meanings as they apply to the now. It is also a great emotional release!

Rewrite Automatic Thoughts – We all have self-defeating thoughts that seem to come up with regularly. It is easy to say we should limit them; however, there is a way to go a step further. Hold these thoughts captive in the “background” during a time in which you are disproving them. For example, if you have ever thought to yourself “I can’t do anything right.” Think on this in the periphery during a time when you have accomplished something, whether that is doing well at school/work or even helping someone! Slowly but surely, your mind will be able to automatically disprove such self-defeating cognitions.



Reference:

Nijjar, Rami. (n.d.). How do we get stuck and want helps to get unstuck. Resilience Psychotherapy. <https://www.resiliencepsychotherapy.com/blog/how-do-we-get-stuck-and-what-helps-us-get-unstuck#:~:text=It%20is%20not%20uncommon%20to,them%20in%20order%20to%20survive.>