

# GETTING UNSTUCK

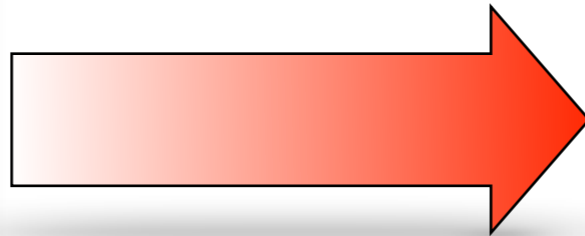


# Getting Stuck

Current

Guaranteed  
Failure

If you do what  
you've always  
done, you'll get  
what you've  
always got.



Desired

No Guarantee  
of Success

It could be  
worse over here!

Domestic violence  
Jumping from a building  
Starting a new career  
Moving house

SUCCESS



# Getting Stuck

Current

Guaranteed  
Failure

What's in  
this gap?

Desired

No Guarantee  
of Success

SUCCESS



# Getting Stuck

Current

Guaranteed  
Failure

F  
E  
A  
R

Desired

No Guarantee  
of Success

SUCCESS



# Getting Stuck

Current

Guaranteed  
Failure

We "know" this one...  
We have learned to handle it.

F  
E  
A  
R

Desired

No Guarantee  
of Success

We don't know this one...  
We have no sense that  
we will handle it.

SUCCESS



# Getting Stuck

Current

Guaranteed  
Failure

When we can't  
tolerate the  
pain over here  
any longer.

When do we jump?



Desired

No Guarantee  
of Success

**ONLY THEN** - do we decide we will just have to  
handle the unknown.

SUCCESS



# Assignments

<b>1</b>	Examine where you are stuck & identify the fear.
<b>2</b>	Use the <b>Fear Eradication Technique</b> to release the fear. (In your notes)
<b>3</b>	Take a positive step into the unknown.

