What's Holding You Back?

The aim of this worksheet is to clarify your own internal barriers, holding you back from stepping out of your comfort zone: trying new things, facing your fears, tackling your big challenges, etc. There are two ways to fill out this worksheet. One option is to do it for a specific domain of life - e.g. work, education, friends, partner, parenting, spirituality, hobbies, health etc. The other option is to do it as a broad overview of life in general.

1. Reason Giving

What reasons does your mind come up with for why you can’t, shouldn’t, or shouldn’t even have to take action?

⇒ The antidote: Unhooking skills

2. Avoidance of Discomfort

What difficult thoughts, feelings, sensations, emotions, memories and urges are you unwilling to have?

⇒ The antidote: Acceptance skills (opening up & making room for discomfort)

3. Disconnection from values

What values are you ignoring, neglecting, forgetting, leaving behind, or failing to act on, when you stay in your comfort zone?

⇒ The antidote: Connect with your values

4. Excessive goals

Are your goals excessive? Are you trying to do too much? Trying to do it too quickly? Trying to do it perfectly? Trying to do things for which you lack resources (such as time, money, energy, health, social support, or the necessary skills to do it)?

⇒ The antidote: Realistic goals – smaller, simpler, easier, matched to your resources

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