

Written by Kryssie Thomson

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INTRODUCTION

Do you have a feeling that you are stuck and drifting through life? You are not alone, many people do, especially women. Sometimes it feels as if you cannot move on with your life, or as if there is something that is keeping you from pursuing your dreams. As a result, you feel limited and simply do not know what to do. You have no idea how to break free from the limitations that are imposed upon you. What is even worse is that you do not know what it is that imposed these limitations on you. It's quite scary to be confronted with an invisible obstacle you cannot seem to know how to tackle. Even though you may feel that the situation is a hopeless one, there is much you can do about it. As a matter of fact, there are a variety of highly efficient tactics and powerful tricks you can use to find your inner smile again and free yourself from being stuck in a rut.

There is an interesting side to the feeling of being stuck in life. A lot of people who report that they are feeling confused, stuck or overwhelmed in a rut are in most cases quite intelligent, talented, and ambitious. In fact, various brilliant people found themselves stuck in life at one time or the other, from Walt Disney to Albert Einstein. These examples illustrate that people who are feeling stuck in life still have the potential to achieve a lot in life that is if they can overcome what is holding them back. If you do not know how to tackle the issue precisely, breaking free from feeling stuck in life can be tough for you. The more you try to get yourself out of it, the more you're getting stuck. That's the biggest problem with being stuck in a rut. It gradually weakens your strength to get unstuck. The situation can be likened to an attempt at breaking free from quicksand. The more you struggle, the deeper you will find yourself in it. But if you know that being relaxed, lying on your back and dragging your feet out is the only way out of quicksand, then the obstacle can be overcome.

The situation is same for feeling stuck in life. You will find yourself walking around in a circle if you are thinking hard about your situation. It will get you nowhere. But like a comic character that keeps walking around in circles, you'll only create an even deeper mental groove. In fact, continuously thinking about the problem will only get you deeper into the groove.

So, what can you do to get unstuck? As we have already pointed out, you won't be able to break free by digging deeper. What you are supposed to do is to find another approach that will help you address the underlying issue. And that is exactly what I am going to do in this book. The method I use is the one that allows me to look at what is not working for women who are stuck by looking at their emotions, beliefs, and to understand the results they are getting. Then we create a new action plan and implement it together, so they finally get the results they have been looking for but were unable to find.

To do this, I created a method that I call the D.E.B.A.R. Method. We are going to understand how I use this method to help women achieve better results when they feel stuck and drifting through life.

CHAPTER ONE

HOW TO KNOW THAT YOU ARE STUCK IN LIFE

For some people, it is easy to recognize when they are stuck and drifting through life. For some others, they may not be able to figure this. But if you suspect that you are stuck in life, then check to see if you are doing the things below. If you are, then it is a clear indication that you are stuck in life and you must act in the direction of finding a solution.

- **You spend too much time with negative people:** and by so doing, that negative energy in negative people will have an impact on your life. If your life becomes overrun with negative people, it's time to start replacing them with more positive influences. As you spend more time with positive people, your energy will begin to change.
- **You react too quickly:** since your life is already stuck, you begin to react too quickly. It is easy to say something you don't mean when you react too quickly. You can destroy friendships, romantic relationships, and careers by hasty words spoken out of anger.
- **You compare yourself to others:** doing this will only make you have a negative feeling about yourself and put you in an impossible place of trying to keep up with everybody else.
- **You procrastinate:** you put major tasks off for later when you delay, and the problem is that those jobs are still waiting for you. Over time they pile up, and before you know it, the mountain of stress from everything you've been putting off until the last minute will start crashing in on you. You will be anxious, stressed out and frustrated.

- **Love others more than you love yourself:** you will never find your inner smile until you can accept yourself and love yourself. You are the person that you spend the most time with, day in, day out. You need to accept that you need to be loved.
- **Turn down new experiences:** you will miss out on wonderful opportunities if you don't experience new things. If you are afraid to fail or to succeed, you need to find a way to overcome those fears so that you can live to your full potential. When you take on new challenges, you will experience positive changes in your life.
- **You have self-imposed expectations:** we most times set very high expectations for ourselves. There is nothing like perfection anywhere. You can't expect it from yourself or anyone else. If you are waiting for everything to be perfect, you will never find your inner smile. You need to let go of the myths of perfection, and stop being afraid of not living up to your expectations. The only way you can learn to do something new is by trying and making mistakes.

CHAPTER TWO

HOW TO GET UNSTUCK

If you are indeed stuck in life, then you are not waiting for anybody or anything to tell you to do something. You have to do something to get your life unstuck. So what do you do?

- Be easy on yourself: making life choices can be overwhelming and stressful, and the more the pressure you place on yourself to make the right choices, the more difficult the process will be.
- Figure out the ones that are changeable among the choices you've made.

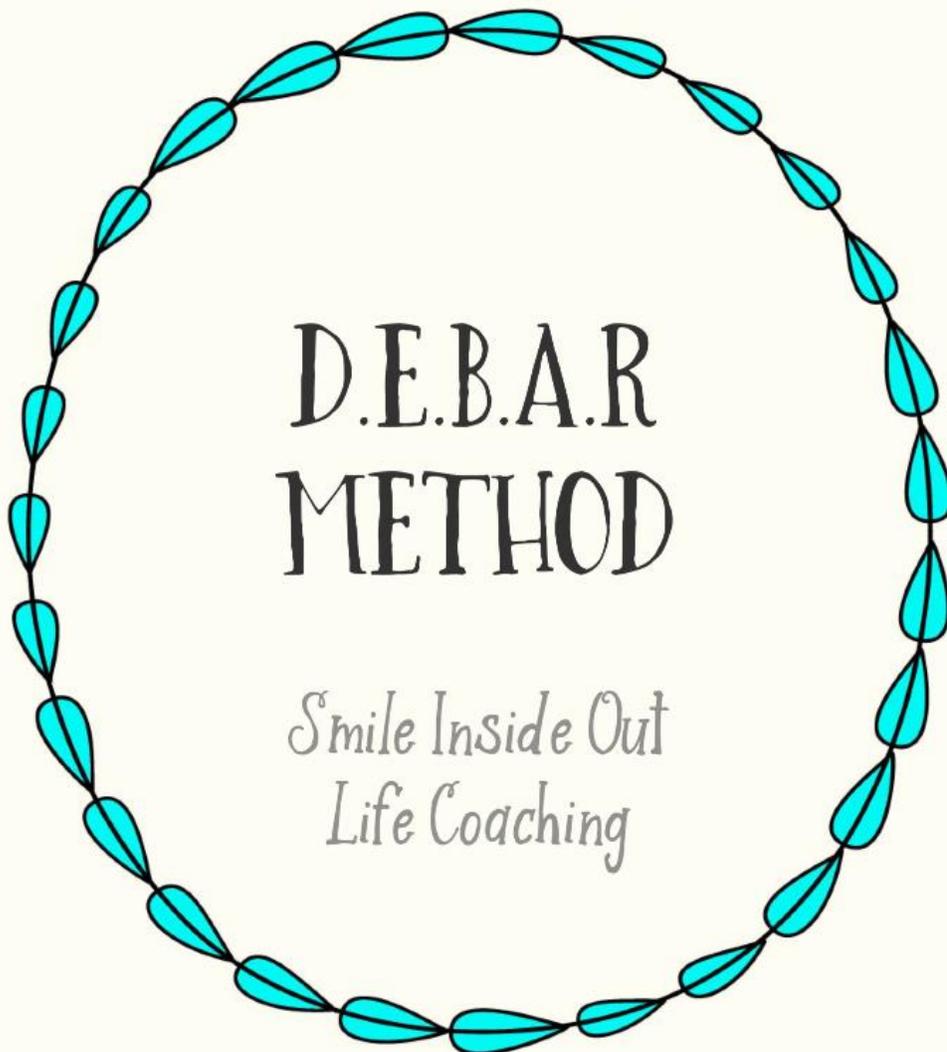
Think about the aspects of your life that make you feel sad and divide them into small groups – the things you can change and those you cannot. For instance, you may discover that you can't realistically quit your job right now. Not being able to quit your job before you get a new one is out of your control. But you can be actively looking for a new job. You are taking action by looking for a new job, and you are trying to make changes which are under your control. But attitude is also another thing that is in your control. You have the ability to think about your job in a way. What are the things about your job that you like, and what can you do to make each day a better one? What attitude do you put up when you show up at work? Are you already in a bad mood, and does that linger throughout your day?

However, there is a way I help people to get their selves unstuck, especially women. I make use of a method that I developed which is a universal method that can work

for anybody to help women to find the result they so desire. We are going to be looking at this method shortly.

CHAPTER THREE

THE D.E.B.A.R METHOD



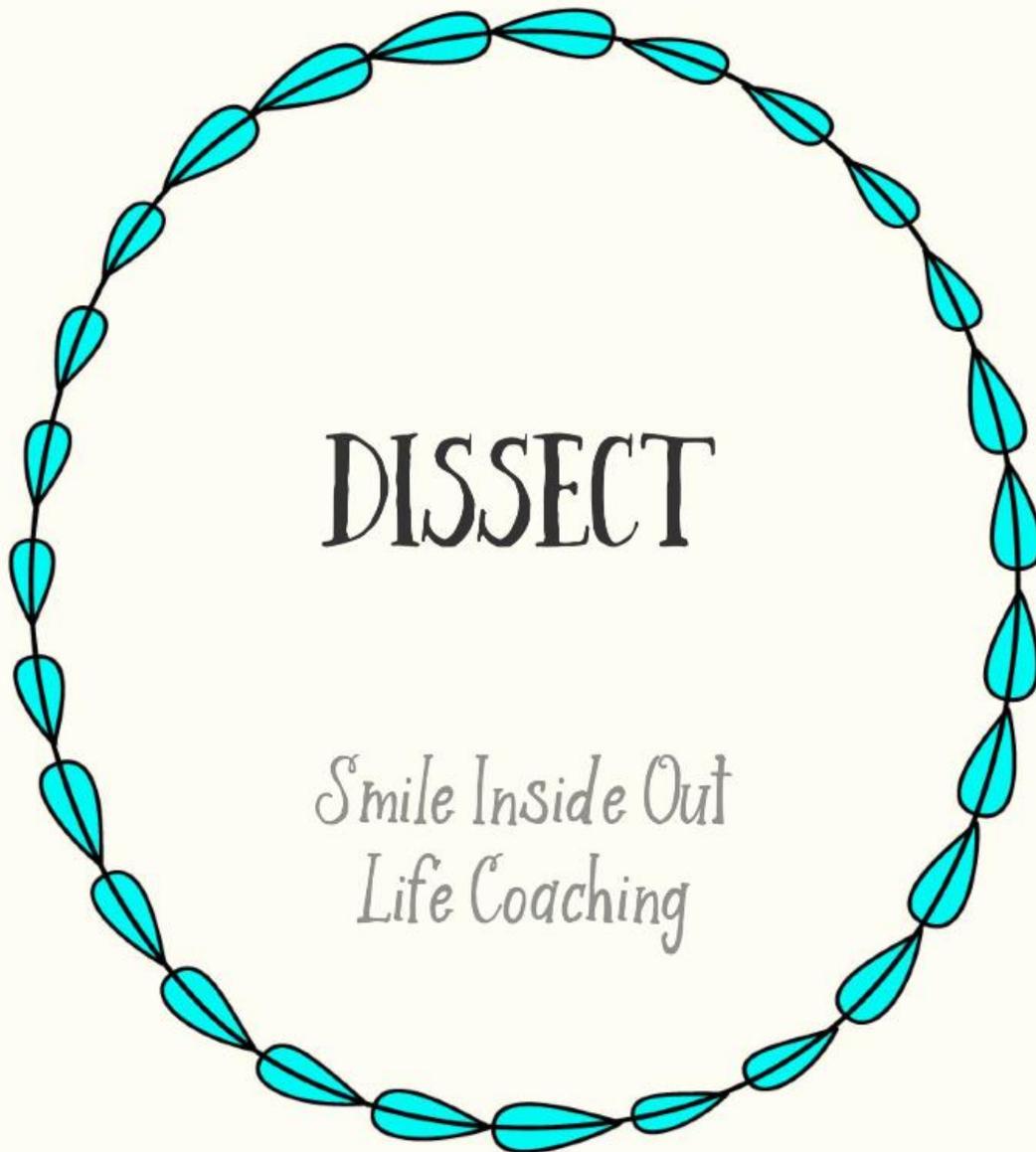
As said earlier, the best way that I help women who are stuck in life is that I look at what is not working for them. I also look at your emotions, beliefs, and actions to understand the results that you are getting. From there, we create a new action plan and implement it together, so you finally get the results you have been looking for but were unable to find.

To be able to do this, I created a method that I call the D.E.B.A.R. method. It is a method that can fix any problem. It is the method that I use in my “Believing in Thoughts Breakthrough Strategy Sessions” during which I create crystal clear vision

for ultimate success, uncover hidden challenges that may be standing in your way. At the end, you will leave the session feeling renewed, reenergized, and inspired to get results faster and easier than ever or even thought possible.

Now, we are going to look at how the D.E.B.A.R method works. D.E.B.A.R stands for Dissect, Emotion, Belief, Action, and Results. We will be looking at how I combine these to help women who are stuck in life achieve better results in a short while.

1. DISSECT



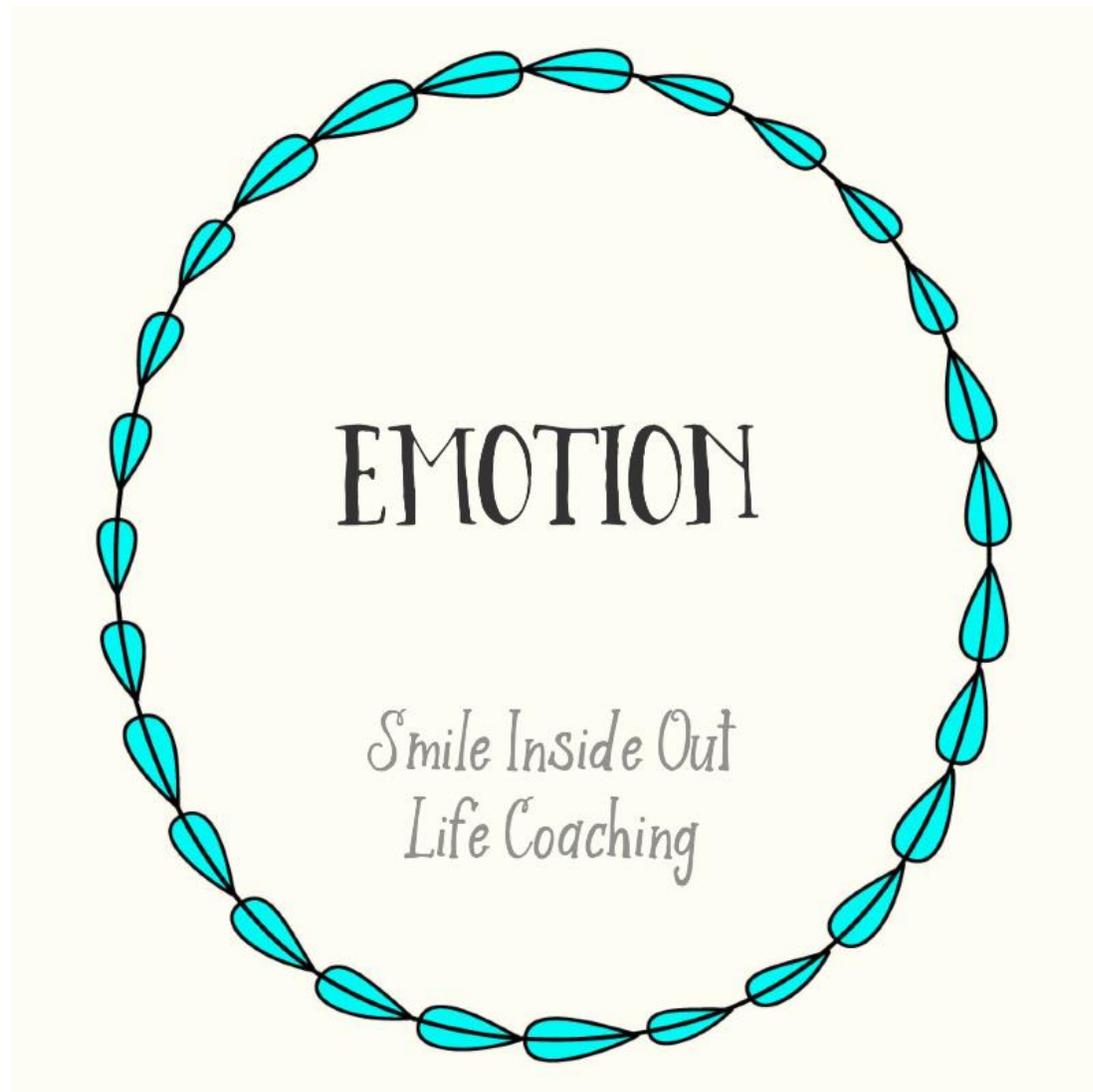
Dissect means the circumstance, the problem, or the fact of what happened in life that is not working. At some point in your life, you encountered a life challenge that made you sit and feel like the energy has all been sucked out of you. You realize that you have no idea what next to do. It also feels like you have been spending your life working on all the wrong projects, doing all the unpleasant things, and getting involved in all the wrong people.

You didn't do it on purpose, of course not. You did the best you could at that time. You've been doing your best again and again and again, and nothing seems to be working. And this is the point you start having a feeling that you are just drifting through life. The feeling that you are stuck. You feel stuck. The question isn't how you got to your present situation, or how it feels to be here right now (we will deal with that in a later chapter), the question is, can you remember the exact circumstance, the problem, or the fact of what happened in your life that is not working? This is the first in trying to get yourself unstuck in life.

Now, what the "dissect" in the D.E.B.A.R method does as the name implies is to find out the exact circumstance or problem that plunged you into your current state. This is about narrowing your problem. It is often said that the first step to solving a problem is identifying the problem.

That is why this step is very important. Once we have been able to establish what the problem is that is making you drift through life, then we employ the next step in the D.E.B.A.R method, which is Emotion.

2. EMOTION



Emotion is the feeling you have about the dissection. This could range from depression to anxiety. When you feel stuck in life, there are many feelings, emotions, likes and dislikes that can come to your mind. When you are continuously feeling a negative emotion and thinking hard about something, you feel that the ground under your feet is eroded and that the grooves keep getting deeper and deeper. You keep going through the same circular path, asking yourself the same questions. You might have also felt unworthy about the dissection. These are all part of the emotion stage, ignoring this stage, keeps you stuck.

3. BELIEF



Belief is the thought you keep thinking over and over that created your emotion. It usually starts with one thought that creates an emotion. At this stage, the emotion will be so subtle that you won't probably notice it. But if you are not careful and if you are unconscious about your thoughts, there is a high tendency that you will be adding more of those negative thoughts, which in turn will create a slightly strong negative feeling and emotion. This can go on for weeks or even months without

having any significant effect in your life. Likely, you will not even feel any different than before. But at a certain stage, the process will accelerate. By continuously feeding a certain area of your life with negative thoughts, the emotional energy that is created by those thoughts will become stronger and stronger. At a certain point, this emotional energy will lead to a corresponding physical manifestation that will be experienced as an unpleasant event.

Now, you are at the center of your negative spiral, but as you start to witness those unpleasant experiences in your day to day life, the negative spiral will accelerate even more. You observe an unpleasant event and immediately there will be more negative thoughts and emotions, which in turn will create more unpleasant events and circumstances in your life. And again, you witness those events and immediately say: “I knew it, I always have bad luck”, “I will never find a partner who loves and respects me, it’s not possible”, “I will never get out of debt, and it just keeps on growing month after month”

At this stage, you are so much locked into your negative spiral, and the dynamic is only getting stronger. You experience unpleasant situations, you add more negative thoughts, you start feeling worse and worse, and that way, you keep on perpetuating the process and will create more and more unpleasant situations.

4. ACTION



These are actions you take when the belief and emotion take control. These actions affect you negatively, and by identifying these actions, you can consciously work towards leaving them so as to get your life unstuck. Some of the actions you can take at this stage to unstuck your life include:

- **Think about the best way of expressing your emotion:** this is the time for you to gently confront someone else, talk about what you're feeling with a friend or work off the feeling by going for a run.
- **Learn how to change your thinking:** you'll want to shift from a negative thought pattern into a positive one at a certain point. If you don't do it this way, your thinking may be stuck on how unpleasant things are, and that can drag you down into feeling worse. Try doing those things that make you happy, even if you don't feel like doing it. You might not be in the mood to go out after a breakup for example, but going for a walk or watching a comedy film with friends and family can get you out of that negative space.
- **Exercise:** physical exercise helps the brain produce natural chemicals that promote a positive mood. Exercise also can release stress buildup and help you from staying stuck or negative feelings.
- **Build positive emotions:** positive feelings create a sense of wellbeing and happiness. Make it a habit of identifying and focusing on what's good in your life – even the little things.
- **Seek support:** talk about your feelings but not with anyone. Unless you have a strong alliance with another, friends and family can add to the mindset of “how you should think, feel and act”, which is not true to your own self. Find someone to hold the space without judgement. Explore a life coach that suits your needs. Most coaches have a 15-30-minute [free mini session](#) to see if you two are a great fit. This is a for you to hear yourself think out loud. Your coach can help you explore your emotions and give you a fresh way of thinking about things. And nothing helps you feel more understood and cared far more than the support of someone who accepts you for who you are.

5. RESULT



Result is what you get from the actions you have taken. When you combine all the steps above, what you get are your results.

Create a vision of what you want the results to be after the above process is completed. Then work backward to understand the circumstances that originally made you stuck in life. What you think about, you bring about.

CONCLUSION

If you are a smart woman still stuck in life at this stage, then I suggest joining me on a free mini session.

- Create a clear-cut vision for your ultimate success, plus the results you seek.
- Uncovering hidden challenges that are sabotaging your success with life and may be standing in your way.
- At the end of the session, you will leave the session feeling renewed, reenergized, and inspired to finally get results and feel in control of your life and direct your focus on the life you have always dreamed.

Live the life you are meant to live. Let today be the start of your new life, schedule your [Session](#).