

# Why You Stay Stuck

## Risk & Failure Aversion

- I can't be sure it's going to be a success
- If I can't do it perfectly, then I can't do it at all
- I don't have the physical resources
- I'll be out of control

## Relationship Discomfort

- Other people might object or disapprove of me
- Can't convince anyone

## Low Self-Perception

- Lack of self-confidence
- Not smart enough
- I might not understand the problem accurately
- It's easier to tolerate something I don't like
- I don't know what to do
- Lack of determination
- I just don't think creatively

## Faulty Presuppositions

- This isn't how it's supposed to be done
- I'll get in trouble if I do it my way
- Different is wrong

## Emotional Discomfort

- I'm afraid, but I don't know of what
- I'm overwhelmed by emotions
- Stuck in Fight, Flight, or Freeze

## Cognitive Discomfort

- Analysis paralysis
- Indecision

## Spiritual Discomfort

- Lack of faith
- Not God's will