A person with long hair

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Four Ways Staying Stuck is Soothing You

March 28, 2021

Well, hello friends.

I hope you had an AMAZING week.

I had a great one.

I just completed the first 3 months of this podcast. 12 episodes!

So, I’ve been celebrating.

Our purposeful tribe is growing.

And I’m so grateful for that.

Starting this business has been a long-time dream come true.

In my corporate career, I always loved mentoring people and now with this business, I’m doing it on a global scale.

As you know, we’re on a mission to help people everywhere build the unstoppable confidence to not only dream the big dreams but have the courage and determination to bring them to life.

And we do that by helping people understand that the only thing standing in their way, is their brain. And by learning how to be intentional with their thoughts, they will gain the clarity to know what they want and have the motivation, determination, and resilience to make it happen.

This is about causal coaching. Getting to the root of the things that hold us back. So, we can solve them for good.

You know…it’s easy to dream of something new and amazing.

But few of us ever turn our dreams into reality.

So, if you’re here. I know that you are committed to realizing your full potential.

And I am excited about that journey for you. And so deeply grateful for your listenership.

We’re making progress in reaching people faster than I ever imagined possible.

So If you like what we’re doing here on the podcast, I’d like to ask you to help us reach even more people.

You can do this by leaving us a rating or review and consider sharing it with friends on your social feeds or via email.

If you do, please tag me so I can give you a shout out.

I would be so grateful.

Another reason I had such an amazing week is that it’s officially Spring.

So, everything is turning green and blooming and coming to life.

It’s that time of renewal that we all look forward to after what, for many of us, is a long cold winter.

We don’t get a lot of that cold here in Dallas, but it still gets a little brown. A little dull.

I like the cooler weather, but I much prefer it when everything starts coming back to life in the Spring.

And when it comes to our careers, I don’t think it’s an accident that March, April, and May are the busiest hiring seasons.

It’s also the time of year when most new businesses launch – at least in the U.S. and U.K.

And of course, this year, the renewal of Spring is even more meaningful for all of us.

With vaccines on the horizon and (at least for now) the pandemic seeming to level off, I know we’re all hoping the end is finally in sight.

So, in honor of the renewal of the season, today I wanted to talk about how we get stuck.

Specifically, I want to look at the **Four Ways Being Stuck Is Soothing You**.

Notice I didn’t say “serving you”. I said SOOTHING YOU.

Because being stuck never serves us.

But you might be really surprised to learn ALL the ways it might actually be making you FEEL better.

This episode is going to give you a different perspective of stuckness.

Usually, when someone discusses the topic, they share tips on how to get UNSTUCK.

And we’ll get there because all through April we’re going to dive deep into the subject to look at all the ways we stay stuck and what to do about it.

But first, I want to explore the topic from the perspective of the fact that being stuck actually CAN make us feel better, or soothe us, from an emotional perspective. Even though it never serves us in reality.

But staying stuck CAN make us feel better.

And today, we’re going to look at all the way that happens.

So, let’s dive in. This is going to be an interesting topic.

Let’s start by looking at people who AREN’T stuck.

Meaning those who are putting themselves out there, pursuing the things they want and go for it.

What’s their secret?

At the heart of it, it’s about them not allowing fear – in all its various forms – stand in their way.

People who don’t get stuck have mastered the ability to TRUST THEIR DESIRES and to work through any negative emotions – LIKE FEAR – that might come up for them.

They don’t let FEAR stand in their way.

They trust themselves and their ability to go after and GET that new thing.

On the other hand, those who stay stuck do that because **their fear of change is stronger than their desire to have that new thing.**

They might dream of something new.

But as they consider what it will take to go after it, they find themselves facing the various ways that fear can come up for us.

And so, they resist the fear by choosing to stay stuck instead of putting themselves out there and facing it.

They SOOTHE themselves by NOT pursuing that new dream.

Because even though NOT pursuing the dream can feel disappointing or frustrating, those emotions are still preferred by some over the fears they’ll need to face if they pursue it.

So, let’s look at the Five Ways Staying Stuck Might be Soothing You.

**#1. By staying stuck, you can avoid the fear of the unknown**

This is all about being more comfortable with the devil you know than the devil you don’t.

For some of us, venturing into the unknown is terrifying.

Because we don’t know what is waiting for us out there, we tend to dramatize the unknown.

By making it big and scary, we convince ourselves that it’s better to stay in the cave.

Better to stay in the job we have – even if we stopped growing years ago – because it’s safe.

We may be miserable, but it’s a misery we know, and we’ve learned to deal with it.

Better to not start that new business – even though it’s something we’ve dreamed of for years – because after all, we might not be able to do it.

We tell ourselves that taking those first few steps into the dark – where there’s no well-lit path that we’ve traveled before – is just too scary.

It’s not smart.

This fear of the unknown is hard-wired into our human brain.

It comes from our primitive brain.

That part of our brain that is concerned with our survival.

Anatomically, the primitive brain is found in the back of our brain, the brain stem.

And it’s the part that helps us identify familiar and unfamiliar things.

Familiar things are safe and preferable.

And unfamiliar things are treated with suspicion.

The fear of the unknown is caused by the primitive brain’s desire to avoid the danger of the unfamiliar.

So, when you avoid the unknown or say no to that new dream, that’s why you instantly feel better.

Your primitive brain has done its job.

It’s ensured your “survival” by helping you realize that the new thing you want to do would mean you need to face the unknown or unfamiliar. Which is dangerous.

By choosing to stay stuck you get to feel the familiar reality you know and even if it’s unspired or a little miserable, you can remain in your zone of safety.

**#2 By staying stuck, you can avoid the fear of being judged by others or having to deal with what “they” will think.**

In this scenario, we fear taking a risk or trying something new because we fear what others will think of us if we do.

For some, this is rooted in fearing people will think we’re full of ourselves.

Or that what we want to do in some way conflicts with what “they” think we should or should not be doing with our lives.

And if we DO manage to push through this fear, we often contend with guilt.

Because many of us mistakenly believe that if we really pursue what we want, we’re somehow being bad or selfish.

This is a false belief.

Pursuing our gifts and going for what we want is not selfish. It’s quite the opposite.

But instead of coming to terms with this, we choose to stay stuck, so we don’t have to put ourselves out there and risk being judged by those we care about.

**#3 By staying stuck, you can avoid your fear of failure.**

One of the most common ways we soothe ourselves is by choosing to stay stuck, so we avoid failure.

Fear of failure is when we overestimate the risks associated with the new thing we want to do, so we catastrophize and indulge in endless thought loops that imagine worst case scenarios.

And often, we build up the trying to do that new thing to be something so monumental, we convince ourselves that it’s impossible.

That there’s no way we’re up to the task.

So, we shouldn’t even try it.

Because if we DO try it and fail, we’ll be left feeling ashamed or embarrassed by our inadequacy.

And that’s why we choose to stay stuck instead of risking failure.

**#4 By staying stuck, you can avoid having to face what it means to be a success at a new level.**

As strange as it may seem, fear of success can be just as powerful as fear of failure.

While you might really want that promotion or new business, you may also be unconsciously afraid of what might happen if you ARE successful.

At the heart of it, this is about your desire to fit in.

You fear what your friends or loved ones will think if you are successful.

Will you lose their love or their approval?

Will they abandon you?

Will you no longer fit in?

So instead of risking being “the different one”, we play small.

At the heart of this is a fear of our own creativity or uniqueness.

It’s about the desire to fit in with everyone else, even if it means playing small or hiding our gifts to do it.

It’s about staying a part of the tribe.

This fear is rooted in the false belief that being ‘different’ will result in loneliness or suffering.

This comes from primitive brain, which has evolved over the millennia.

For our caveman ancestors, their very survival was attached to being part of the tribe.

To separate themselves from the tribe in any way, could find them cast out.

And they weren’t likely to survive for long on their own with lions and other predators out there.

Allowing ourselves to fully realize our gift is something we all deeply desire, but it will almost certainly set ourselves up to be judged by them.

What will “they” think, we wonder?

In this case, “they” is usually about those tribes we belong to.

Our school friends.

Our families.

Our work colleagues.

Our professional groups.

If we step out from the pack and put ourselves out there in a new way, we risk being cast out.

So, we soothe ourselves by staying stuck right where we are.

That way, we keep our friends.

We don’t alienate our family.

We don’t outshine our colleagues.

We remain in the tribe.

To recap the four reasons, we soothe ourself by staying stuck:

1. Avoiding fear of the unknown

2. Avoiding the fear of judgment

3. Avoiding the fear of failure

4. Avoiding the fear of success

Staying stuck is a choice.

It’s a choice we make because it soothes us.

We get to avoid facing the fear we’d have to face by tackling that new thing.

And we get to avoid the fear of what will happen to our connections to others if we are successful.

Over the next four weeks, we’re going to dive into each one of these four ways and we’re going to look at how we can use the latest in cognitive tools and neuroscience to overcome these fears.

Because this Spring can be YOUR time of renewal if you let it.

And over the next four weeks, we’re going to help you unleash the next level you.

Until next time, make it a great week my friends.