

Breaking Barriers

FOR CHALLENGING AND GETTING THROUGH YOUR 'STUCK-POINT' BARRIERS

Below are a list of questions that can be used to challenge your barriers. Barriers are "stuck-points" or beliefs that act as hurdles you have to get over in order to build and get stronger.

Questions may not fit every hurdle you're experiencing in the moment, so pick and choose to see which are going to challenge your barrier and help you dissect the emotions you're feeling.

Barrier ("Stuck-Point"):

What is the evidence for and against this barrier you're feeling?

Is your barrier based on habit or facts?

Does your barrier not include all of the information needed to make a decision?
(I.e. "I'm not considering how helpful....")

Does your barrier include an ultimatum? (I.e. "If I don't do this than I'll explode")

Are you using extreme/exaggerated words to describe your barrier?
(I.e. *always, forever, never, need, should, must, can't, every time* etc.)

In what way is your barrier focusing on one part of the story?

Where did this barrier come from? Was it from a dependable source?

Is your barrier confusing something that is possible with something that is likely? How?

In what way is your barrier focused on feelings rather than facts?

In what way is your barrier focusing on unrelated parts of the story?