

# Getting Unstuck

1 of 4



with  
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EFT Master



[www.LKcoaching.com](http://www.LKcoaching.com)

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## Being Stuck Symptoms



- Procrastinate
- Can't get started
- Can't finish anything
- Always late
- Disorganized & ineffective
- Feel tired a lot
- Break commitments
- Feel paralyzed
- Unmotivated
- Lack of joy or passion

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## Other Symptoms and Ways it Affects You

- Haven't updated your resume
- Can't seem to lose weight or get in shape
- Unable to end a bad relationship
- Not taking care of your health
- Need to do self - repairs on (house, car, clothing, bike, self, etc.)
- In consistent at work
- It's affecting income, self-esteem & relationships
- You just feel **STUCK**



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*Why can't I lose weight?*



*Why do I keep sabotaging myself?*



**Why can't I get out of this rut?!**



*What's wrong with me?*



*Why cant I just get this done?*

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## The Mind



Our CONSCIOUS mind processes about 40 bits of info per second

Our SUBCONSCIOUS mind processes about 40 MILLION bits of info per second!!!!

### The Subconscious Rules

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## The Sub-conscious has only 2 jobs



1. To unburden the conscious mind from trivial tasks
2. To protect you... and keep you save

### The Subconscious Rules

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# The First Step to Getting Unstuck

1. Find the cause of your “stuckness”

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- ## Causes of “Stuckness”
- Failures
  - Heartbreaks
  - Being judged or criticized
  - Childhood events
  - Being ostracized
  - Deaths or other losses
  - Feeling betrayed or rejected
  - Huge disappointments
  - Everything seems so hard!
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## The Game of life

### Mountain vs. Molehill Syndrome



**Everything is SO hard!**  
Congrats if you succeed  
An excuse if you fail  
(big payoff either way)

**A monkey could have done THAT!**  
(A negative perception either way)

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**Playing the Game of life...  
To NOT Lose**




**Instead of Playing to Win**

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**Steps to Getting Unstuck**

**Find the cause of the “stuckness”**

- *When did this behavior start?*
- *What was going on then?*
- *When have I felt failure or loss?*

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**Your homework before  
the next class**

**Jot down times when you were:**

- Disappointed, hurt, felt criticized
- Felt betrayed, or let down
- Were relying on a specific result that turned out very differently
- Felt you had failed
- Were heart-broken
- Deaths or other losses
- When you just didn't want to live or wanted to run away



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Next time, we'll reprogram your brain



**By Tapping!**

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