

4 Ways We Stay Stuck: Keys to Moving Forward in Our Lives

Thanks for signing up to receive updates on my new course, **Change Your Story, Change Your Life**. To give you a taste for the process, I'm sharing this PDF of **4 Ways We Stay Stuck: Keys to Moving Forward in Our Lives**. When you have an idea of what gets in the way, you can move through the resistance and into the next chapter of the story you want to tell.



You know how it is. You like what you're used to.
— Lord Grantham, *Downton Abbey*

Why We Stay Stuck

We face opportunities to change our lives again and again, and yet, we choose to stay where we are, living the same life day after day. Why do we stay on the same well-worn path even though we aren't as happy as we could be, aren't as fulfilled as we want to be?

There are several reasons, but these are the top four:

- Unresolved Trauma
- Fear – Resistance to Change
- Lack of Support System
- Lack of understanding

#1 Unresolved Trauma

Most of us have some trauma to a varying degree. Unknown and unresolved trauma freezes us, holding us in place.

Examples:

- Generational trauma: handed down from our parents from their parents and so on. Generational trauma is learned and can be healed.
- Childhood events that we buried deep inside
- Current events – natural disasters, war, uptick in violence in schools and in our communities

#2 Fear

We all have things that scare us, but for most people nothing is scarier than change. Our fears hold clues about our resistance to change.

Examples:

- Fear of the unknown
- Social fears: abandonment, rejection
- Phobias

#3 Lack of a Support System

- Rewriting your story doesn't have to be a lonely, singular process; it's better if it isn't.
- A support system helps you work through the stress that can come with change.
- A coach or therapist helps with major life developments.

#4 Lack of Understanding

- Recognition for where we are in life is the first step to looking at our lives with new eyes.
- Understanding the role others play in our lives, helps us look at events with a new perspective.
- Acknowledging our lives are our own and we can make changes is key.

When we examine and resolve these four areas, we can let go of what no longer serves us.

Bonus Reason We Stay Stuck

GUILT

Guilt is detrimental to everything we do, and yet most of us hold onto guilt. When we feel guilty about something, we punish ourselves. Some examples of guilt floating around in our subconscious and unconscious:

- Childhood issues – as children we can behave badly or do something to hurt someone. These can lead to long-held guilt.
- Feeling selfish – we're taught to take care of others before ourselves. When we take care of our own needs first, this can cause us to judge ourselves.
- Survivor's guilt – if we come away from a trauma or disaster unscathed, we can suffer from guilt.
- Self-judgment – This covers anything that we do that is in conflict with how we think we should behave or even think.

An easy way to resolve your guilt is through forgiveness of yourself.

Meet Carrie KC West

Carrie KC West is a Life Story Coach using her entrainment industry experience to support clients with their life and business stories. A well developed, balanced Story brings fulfillment and success in business, in relationships, and in life. She helps people and businesses change the underlying Stories that impede their abilities for success. Carrie is the author of ***Memoir of An Ordinary Person and the stories that changed her life***, due for release in 2024.

Change Your Story Change Your Life was created as a companion to my book, *Memoir of An Ordinary Person and the stories that changed her life*, which will be released in early 2024.



Carrie KC West

Speaker, Author, Life Story Coach

Changing the World One Story at a Time

Visit: www.carriekcwest.com

Email: carrie@carriekcwest.com

