

## How Not To Change: 10 strategies for staying stuck

Bill O'Hanlon, M.S.

- **Don't listen to anybody**

We sometimes get stuck in our own little ways of thinking about or doing things. Other people can be helpful to give us a new perspective or new possibilities

- **Listen to everybody**

At the same time, letting other people's views of the world or what is right for you dominate your life can put you in danger of losing yourself and your sensibilities.

- **Endlessly analyze and don't make any changes**

It's fine to understand what is going on with you, others or the world, but be careful of the analysis paralysis trap.

- **Blame others for your actions or problems**

Not everything is everybody else's fault. If you find that is your usual stance or interpretation, try imagining that you had a part in creating this situation.

- **Blame yourself or put yourself down regularly**

On the other hand, you are not always to blame. And putting yourself down regularly is probably something you took on long ago as a habit that doesn't serve you well. It can demoralize you and undermine your confidence.

- **Keep doing the same thing that doesn't work**

Do something different if what you are doing is not working. Remember that one definition of insanity is doing the same thing over and over again and expecting different results.

- **Keep focusing on the same things when that focus doesn't help**

Try shifting your attention in another direction. They say the only difference between a rut and a grave is the dimensions. Get out of your ruts

- **Keep thinking the same thoughts when those thoughts don't help**

There's nothing as dangerous as an idea, when it is the only one you have, claims Emile Chartier. Don't believe everything you think!

- **Keep putting yourself in the same unhelpful environment**

While there are ways to transcend one's environment, it is often easier to get out of there (unless that is your usual pattern; in that case, try sticking around). A tree that needs water doesn't do well in the desert. One difference between a tree and a human being is that the human can get up and move to a more nurturing environment.

- **Keep relating to the same unhelpful people**

It is probably wiser to minimize your contact with people who put you down, who gossip, who are acting in a mean-spirited way, or with whom you regularly end up feeling bad after your encounters with them.