

Removing Mental Blocks that Keep You Stuck

I think of mental blocks as confusion. Imagine your mind is like a hollow bamboo. When it is clear and open your creative ideas percolate, bubble up and turn into inspired actions your business or life. You feel like you are in the flow. It is a great feeling because you are moving forward, putting new ideas into action, taking risks and making positive changes.

Confusion causes a block in the pipeline. You feel unable to move forward and your energy begins to drain, you feel stressed, despondent and frustrated. You had this great idea and then halfway there you begin feeling self-doubt, fear or insecurity and those emotions are in conflict with your original inspiration. As a result you feel blocked. You think one way and feel another or you have two conflicting thoughts.

This happens for me when I am writing. People call it writers block in an attempt to make it normal and okay. But really it is only confusion somewhere in the process. I begin with a good idea and I start writing. It's flowing really well and then suddenly wham, it's not flowing. I have learned techniques to get past those blocks. I go for walks, listen to baroque music or take my computer to a cafe.

Other situations are more challenging. Sometimes it's about changing a habit. I had a client who was stressed from working too many long hours in his business. He hated how he felt but didn't trust his employees enough to delegate. He felt stuck. There is always a way to get past the block. In his case I asked him what he would need in order to feel more trusting of his employees. That new question opened up the flow as he was not used to doing anything but complain and be stressed.

The main thing to remember is that mental blocks are not permanent or immovable. It was your confusion

that created them in the first place so it is within your own power to move past them as well.

Here are five easy things that can help you to move past your mental blocks.

1. Find someone impartial to talk to. Another person's objectivity can help you to see a little clearer.
2. Take an action even if you are not sure if it will work. Any movement will put you into a new frame of mind which frees up the energy.
3. Ask yourself what you gain from staying blocked? You may not like what you hear but it can help you to see how your fears or insecurities are in the drivers seat.
4. Change your language. If you say things like, "It's too difficult, or too complicated" this negative self-talk will keep you feeling stuck. Say, "I am doing it, I am no longer blocked." Notice how that feels liberating.
5. Move your body. Exercise the body also frees up the mind.

Remember to celebrate your mind. It is your greatest gift.

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