

Getting Unstuck: Changing The Negative Patterns That Stop You From Moving Forward



Ellen Cooperperson
Founder and President
Corporate Performance Consultants
490 Wheeler Road
Suite 148
Hauppauge, NY 11788
Phone # 631-300-0009
ellen@cooperperson.com
www.cooperperson.com

One indisputable fact about us human beings has nagged me for years: no matter how competent and accomplished we are, we still have habitual patterns of behavior that keep us stuck in at least one area of our lives. If we can break through that blockage, we would feel far more satisfied and complete.

We intellectually know what we should do to be more successful, but we still repeat patterns of thinking and behavior that keep us stuck and unable to achieve our deepest aspirations and desires.

As a business consultant, one of the most common challenges I witness is when clients, who are aware of their issues, are unable to change. I address this by initially focusing on a client's emotional and thinking patterns toward breaking old cycles of association. Generally, the presenting is rarely, if ever, the real problem. But there are real habits that keep you stuck.

Tips to Create Lasting, Sustainable Change in Ourselves and Organizations:

1. **Identify the habit that is undermining your goals, your self image or your relationships.** Believe that you can change it if you don't like the results you are getting. **Your history is not your destiny.** Recognize that, ultimately, you are choosing your habits, they are not choosing you.
2. **Visualize yourself into the future without this habit.** Begin to form a mental image of how it would be for you if this behavior changed. What would you have now that you didn't have before? How did you reduce the source of your anxiety triggering the bad habit? How did you transfer your reaction to a healthy behavior. Take the time to create a well-developed plan.
3. **Whenever you feel stuck ask yourself process questions such as:**
How does that work, when I...?
How is this behavior helping me achieve my goals?
What does that look like? Draw a picture to demonstrate how you do it.
What happens when you get triggered? Keep a journal
What are you doing just before you get your bad habit urge?
4. **Take responsibility for your emotions and thoughts.** That means be aware of what you feel, what you are thinking (or saying to yourself) to cause those feelings, and what you objectively think about those feelings. Keeping a daily log helps to keep track of your behavior in an orderly way.
5. **Change what you focus on.** Think of yourself as a programmable computer. Reprogram your hard drive with positive, empowering and life enhancing data and you'll erase the negative self talk cluttering up your memory. Set small, reasonable goals and reward yourself.
6. **Ask for and accept help from your support system.** Who in your life will offer genuine support? To overcome the behavior patterns that keep you from getting ahead, stand guard at the gate of your mind and emotions. Your thoughts will become your words. Your words will become your deeds. Your deeds will become your new more positive habits. Your new habits will become your life.