



Stalled

On the road of life there are going to be a few potholes. We all know the feeling – wham – and then the body responds mentally, physically, and emotionally. While this encounter might seem bad enough on it's own, what we do next is what holds the key to our peace and happiness. Which roads to continue down and the beliefs and perceptions that motivate us will ultimately shape our character and accomplishments.

That seems simple enough but what happens when I become **STUCK** in that hole, unable to move forward. Once in a while I need to examine a few of the things capable of preventing me from accomplishing ordinary tasks.

This always happens in subtle ways. It's not always the "big issue" but mostly seems to be some combination of the little ones conspiring against me. There I am, dodging and weaving, and then – oops – I didn't even see that one! On the other hand, sometimes the vision ahead is crystal clear but a moment of *indecision* has me full on the brakes. That one can cause an immense carnage of family and friends piling up behind me. The biggest danger is when I fall INTO the hole. That's what results in what I call "the double-whammy" – I'm in the hole, and now I can no longer see my way out of the hole.

As they say, acceptance of the situation is half the solution. I've learned a little about *paradox* – like it's *easier to do what appears to be the hard thing*. The hard thing for me is to **ASK FOR HELP!** I feel a strong need to defend myself and say this is some kind of human instinct - a product of evolution and beyond my control but I have learned that I can recognize and ignore that strong desire to *go it alone*. Though it's not the first approach I ever take.

Then there is the small matter of *distractions*. These are not necessarily the ones that could have me checking into a Betty Ford Clinic. Positive things can have the same effect if used to excess, but for me, it's mostly those "middle of the road" entertainment temptations that slow me down. Joining car clubs and buying a home computer definitely has had a great effect and I guess I am more than just "slowed down" by them.

I have been accused at times of having a little too much fun!

I really didn't want to admit it but *frustration* is the biggest stumbling block for me. While I've learned this is simply a "lack of faith" in the moment, it is none the less a very powerful force. It makes my body go limp and my brain stop functioning and sometimes it even feels as if I've stopped breathing! There seems to be no defense for preventing this condition from occurring but there are ways to cope with it. Like that "ask for help" thing again that I don't like to do. The alternative isn't pretty – or productive! Of course, to whom or where I go for this "help" has been the ongoing personal process of growth and enlightenment needed to change that lack of faith to a "leap of faith".

It seems that many times the answers I desire are slow in coming but I must remember to "*seek and ye shall find*".

Recognition of the many possible pitfalls goes a long way towards dealing with them – that along with a "good set of tools". Very often, those tools are not found in that big metal box in my garage but somewhat close by in that space between my ears. I just need to know where to look. Maybe now I can get some work done on that project resting in my garage for longer than I care to admit! Through the years I have glimpsed many stalled projects tucked away in backyards and sheds so I know I am *not alone* in my dilemma.

