

How Not To Change: 10 strategies for staying stuck

? 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 the heck 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.