

**Ways You Get Stuck (and Perpetuate Conflict):
(A not-all exhaustive list & in no particular order)**

- Constantly saying ‘yes’ and putting your personal needs second
- Using disempowering language towards yourself and/or others
- Asking disempowering questions of yourself and/or the situation
- Feeling the same negative emotion over and over and over again
- Fearing judgment from others
- Judging others (their intentions, their character, and/or actions)
- Feeling overwhelmed
- Over-focusing on a lack of fairness of the situation or what the other person has done
- Over-focusing on what’s missing in your life
- Over-focusing on your expectations or ideals
- Wanting to be understood
- Repeating a narrative or story
- Being (only) a victim
- Adopting a negative identity
- Not knowing what to do
- Accepting disrespectful behavior
- Over-focusing on the past or future
- Not being self-reflective
- In being MAD (where you modify, amplify or delete) the reality of the present
- Wanting to control events or people
- Stuck in “learned helplessness”
- Not making a decision
- Being afraid of consequences
- Being stuck in old habits, patterns and beliefs
- Not extending grace to others
- Attributing a negative identity (e.g., being a bully, terrible leader) to others