



WHEN I FEEL STUCK

REWRITE THE INNER DIALOGUE - THEN GIVE THE NEW THOUGHT SOMETHING USEFUL TO DO

1 / 2

“WHY BOTHER?” CAN BECOME A LOOP

- When effort feels pointless, people may stop trying. Fewer attempts can then create fewer opportunities for change, reinforcing the belief that nothing works.
- This can become a self-fulfilling pattern - but it is not proof that every barrier is internal or controllable.

REWRITE THE INNER DIALOGUE

- “I do not need certainty before taking one useful step.”
- “Some things cannot be changed. I can still influence what happens next.”
- “I can begin from where I am and build from there.”
- Use thoughts that are believable enough to practice, not forced positivity.

REGRET NEEDS SOMEWHERE TO GO

- Repeated regret without reflection, repair, acceptance, or action can sometimes harden into resentment or anger.
- Ask: Is there something to repair? Something to grieve? Something to accept? Something I can still change?
- Accountability and self-compassion can exist together.

SLOW, STEADY, CONSISTENT

- Small repeated actions can build more durable change than a dramatic burst that cannot be sustained.
- Your pace may be affected by disability, pain, trauma, caregiving, discrimination, finances, language access, transportation, or other real barriers.
- A slower pace is not the same as no progress.



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2 / 2

GIVE THE NEW THOUGHT SOMETHING TO DO

- Hydration, nourishing food, medication as prescribed, sleep routines, hygiene, movement, or medical follow-up.
- Update one résumé section, explain a résumé gap honestly, submit one application, practice one interview answer, or contact a workforce resource.
- Skill up through a class, certificate, apprenticeship, library, community program, or supported employment resource.

MAKE ACTION ACCESSIBLE

- Use body doubling, reminders, visual lists, adaptive equipment, assistive technology, transportation support, interpretation, accommodations, or another person's help.
- Break a task until the next step is visible and realistically possible.
- Rest can be an intentional action when recovery is what the body or nervous system needs.

ACTION IS NOT SELF-BLAME

- Taking one useful action does not mean racism, ableism, poverty, unsafe systems, discrimination, or other barriers are your fault.
- Some problems require collective action, policy change, advocacy, accommodation, community resources, or protection - not better self-talk.

MY 24-HOUR EXPERIMENT

- What useful thought will I practice?
- What is one small action?
- What support or accommodation would make it easier?
- What would count as showing up - even if the result is not perfect?