

The Biggest Obstacle Holding Me Back Exercise Instructions

There is a brown paper in your folder that you want to use for this exercise.

Part 1

We want for you to think about the biggest obstacle or obstacles that are holding you back from moving forward in your life. What is it that is keeping you from stepping off that porch? What is it that is keeping you feeling stuck? What is it that is getting in your way? On the paper, write the one or many things that are holding you back.

Part 2

You are now going to destroy it. You want to rip the paper up or destroy it in a way that feels good to you.

This is you making the statement that you want to remove the obstacle or obstacles from your life. That they are now in your past and behind you.

You want to separate yourself from the pain and the trauma. You are not the story of what happened. You want to destroy this and put it in the past. You want to start focusing on what you want and not the obstacles that are in your way. You want to get rid of the obstacles so that you can start taking steps forward without them getting in your way and holding you back or stopping you.