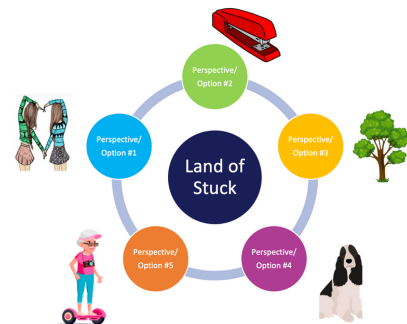
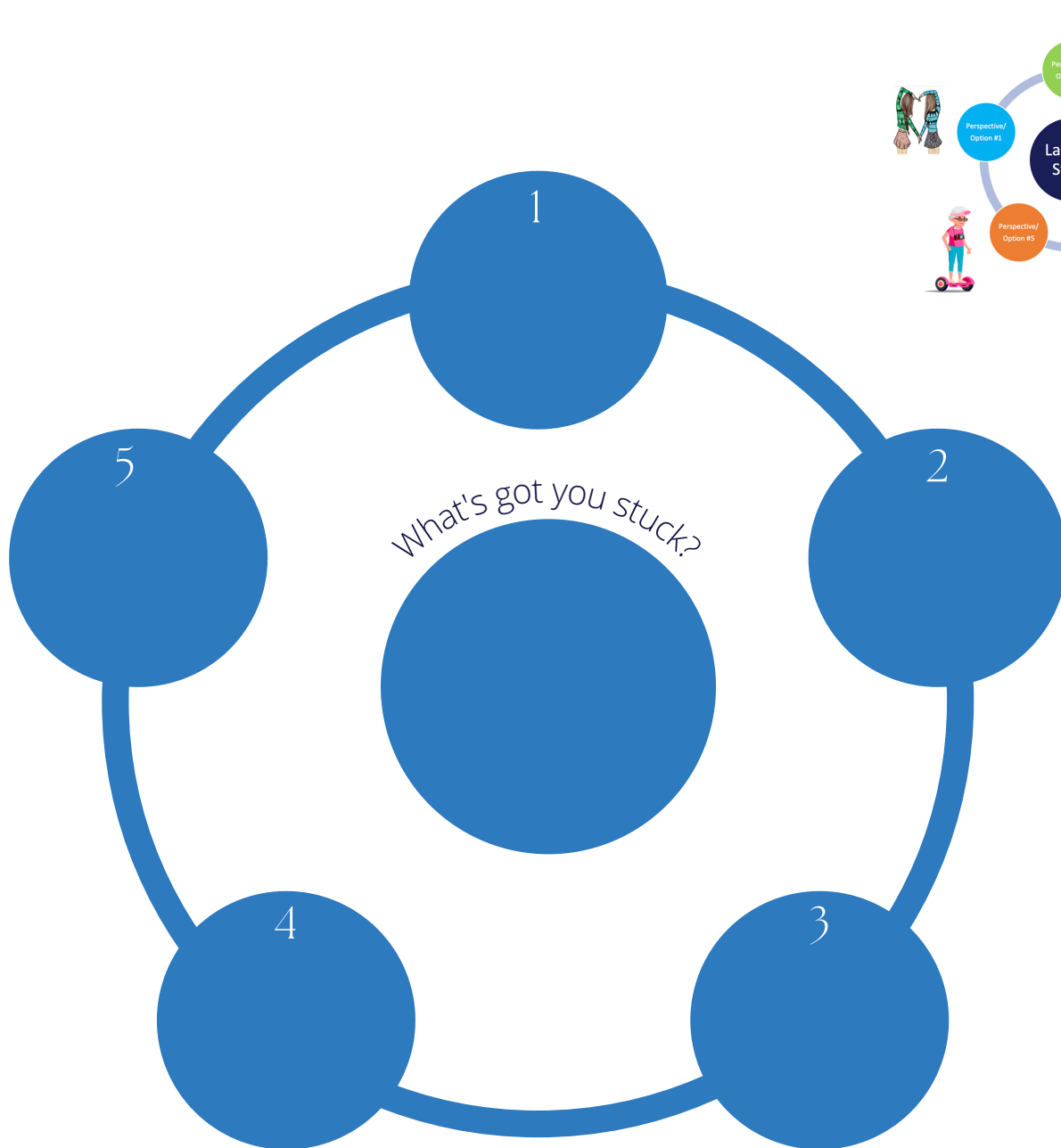


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Land of The Stuck Exercise



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Consider and Explore the Different Perspectives

Perspective #1:

Perspective #2:

Perspective #3:

Perspective #4:

Perspective #5:

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Coach Guide

The Land of Stuck Exercise

The exercise following is another great one to add to your Coaching Toolbox. It is specifically designed to support clients in exploring alternative points of view from an experiential viewpoint.

- 1. To Start:** Help the client identify an area where they feel stuck, unable to move forward, or would like to change. For example, it might be around a decision, taking action, changing a perspective, etc. This is their "Land of Stuck." Unfortunately, in the "Land of Stuck," we often feel isolated, cut off, and limited in our choices or options.
- 2. Now, imagine five options.** The crazier, the better), perspectives, ideas, or ways of getting unstuck. For instance, if you are trying to choose between career paths, list the five possible career options-even if they seem unlikely.
- 3. Consider these different perspectives or options.** Complete the perspectives, silly or not. e.g., What would your child say about this dilemma? What would your dog say? What would your future self say? What would your boss say? What would your wrench say?
- 4. Allow yourself to fully step into, imagine, and experience all the perspectives and possibilities.** At this point, you are not deciding, just trying them on for fit.
- 5. Finally, reflect on the experiences of each of the perspectives.** What did you notice or become aware of as you stepped into various perspectives? Which felt the best. ? Which had you feeling the most empowered? In which did you feel the weakest? Which felt as though it honored your core values? Which made you happy? Which was the most difficult to experience, and had you wanting to leave that perspective quickly?
- 6. Choose one of the perspectives to experiment with again.** You may choose to stay in this perspective as long as you like. In this perspective, what are you learning about yourself? What do you notice in this perspective? Speake from this perspective.