

How to Break Through Roadblocks

If you've ever set a goal and then found yourself wanting to ditch it as soon as it got hard—congratulations, you're human! There's nothing wrong with admitting when something is challenging and even makes you want to quit. But if you want to keep working on this goal, it helps to look for coping skills and other shortcuts to make this whole process a little easier. Here's how to do it.



What is your goal? _____

(For example: I want to cut down on mindless scrolling on my phone.)

<p>What are some mental, emotional, or practical barriers you've noticed?</p> <p>-----</p> <p><u>Some examples:</u> —I get bored and I don't know how to distract myself. —I often pick up my phone without even thinking about it.</p>	<p>What are some possible coping mechanisms or solutions?</p> <p>-----</p> <p><u>Some examples:</u> —I can keep my phone in another room. —I can have a fidget device in arm's reach while I'm working. —I can self-soothe and remind myself that boredom is normal.</p>	<p>On a scale of 1-10 how much did that help?</p>										
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Meet The Expert

Alo Johnston, LMFT

Licensed marriage and family therapist and writer in Los Angeles, specializing in working with the transgender, queer, and non-monogamous communities