



Common Roadblocks

Here are the most common Roadblocks. (Of course, you can have your own personal Roadblocks that aren't listed below, but you can use this list as a guide.)

FEARS:

I might fail. I might get hurt. Why me? What would others think? I can't do this.

STRUGGLES:

Letting others Drive your life, low self-worth, doubting yourself, weight issues.

BARRIERS:

Don't have the time, money, resources, people or patience to complete the journey.

REARVIEW MIRROR:

I've tried that before, and I got hurt. Been there. Done that.

SELF-DOUBTS:

I am not good enough. I am not good at _____

I can't do _____.

EMERGENCY BRAKE:

Overeating, over cleaning, changing the subject, leaving the room.

INNER BELIEFS:

I'm not pretty/handsome enough. Only smart people succeed—and I'm not smart. I'm too tired. I'm too stupid. I'm not thin enough. I never win. I can't do that.

DON'T WANTS:

I don't want to argue. I don't want to be confrontational. I don't want to fail.

ASSUMPTIONS:

My circumstances are different from others. I wouldn't be good anyway. He/She is the right person for the job. It will work itself out.

EXCUSES:

I'll do it later. I don't have time. I'm too lazy. I don't have the money. It's too late. It's too soon.

REGRETS/DO OVERS:

If I just said that _____.

If I could do it over. I wish I didn't do _____.

I wish I could take back _____.

SHOULDs:

I should work out more. I should eat healthier. I should apologize. I should try again. I should _____.

Self-induced Roadblocks...

As I was working the eMerge program and came to Roadblocks, I really thought about how many I have set up for myself. There were quite a few! I realized I use "Excuse Block" a lot. For much of my life, excuses were equal to reasons, or at least that was how I used them. They were interchangeable, like a reversible sweater. I was able to talk myself out of doing anything for myself, such as going for a walk, reading a book, going out with friends. Someone always needed me: the kids, the husband, the house. Or that was the reason/ excuse I told myself.

As I considered why I needed to put that particular block in the road, it became clear that I put them there for people to notice me or to want things for me that I was uncomfortable wanting for myself. It is much easier to place blame than to take responsibility. It is much easier to accept pity for your situation and stay in a place that you are used to, than it is to formulate a plan that moves you forward, potentially away from your comfort zone into your success, joy or true happiness.

In taking the Roadblock assessment and answering the questions honestly, I was able to identify when I was building my Roadblocks and when I was turning them into speed bumps, then smooth pavement. The more work I do, the more comfortable I get with driving on a nice smooth road.

—Karen, Lakeville, MA



Knocking down the Roadblocks:

"Change always comes bearing gifts."
— Price Pritchett

Our eMerge Coaches recommend the following exercises to help you knock down your Roadblocks. Remember, overcoming Roadblocks takes patience and practice. Be kind to yourself. Recognize that you can do this, and that Roadblocks can quickly and easily be reduced to speed bumps if you take the following steps:

Evaluating the situation

Sometimes, thinking it through is the best way to evaluate and overcome a Roadblock.

- What is my Roadblock?
- Does it involve my spirit, mind or body? All three?
- If I dissected the Roadblock, what would it contain?
- If I were guaranteed not to fail, what would I be doing differently?

- What can I do to help myself to feel better?
- What can I do to knock down the Roadblock?
- What can I do right now to help myself to get to a place of feeling better?
- What do I really want or need right now?

Visualization

This exercise can be done anywhere, but it is best to have 3-5 minutes of quiet time where you will not be interrupted.

- Get comfortable.
- Take a few slow deep breaths, taking your time as you inhale and exhale.
- Bring to mind what is bothering you.
- Picture the Roadblock in action, observing like you would be if it were a movie. Detach from the emotions of the situation and just observe.
- Picture yourself pushing, kicking or moving it out of the way. Or, picture yourself going around the Roadblock.
- Look at the open and empty road ahead of you.
- Look at the Roadblock at the side of the road. Make a choice to move past it.
- Say: "I am ready, willing and able to release _____ from my life."

I was involved with a woman who let anything and everything serve as a Roadblock in her life. She had deep and intense fears and struggled with self-worth and self-doubt. She also possessed inner beliefs that literally stunted her emotional growth as a young girl.

After I discovered and applied the concepts taught in the eMerge program, which included personal coaching, I realized how much of her Roadblocks affected me. Her Roadblocks became my Roadblocks.

Working with my eMerge Coach, I recognized that her excuses were simply self-inflicted Roadblocks, that she put in her way, knowingly or unknowingly. But they impacted me dramatically as well. I had to separate my issues from her issues. Collectively, in this relationship, we spent far too much time focused on the Rearview Mirror and clinging to issues from the past.

Once we concentrated on learning what the Roadblocks truly represented and what the lesson to be learned was, we were able to successfully move forward—together.

— Benjamin, Boston, MA

"We learn to walk by stumbling."
— Bulgarian Proverb