

# MONDAY NIGHT SOLUTIONS

STUCK IN THE MIDDLE  
WITH YOU (AND ME)  
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## GETTING UNSTUCK IN LOVE AND LIFE

How do you initiate change to get unstuck?

Do you ever find yourself being the person who resists change?

### 1. Relational Stuck Ness...

- Polarization
- Dynamics are created between people
- Perception and Perspective

“Trust is the Lord with all your heart and Lean not on your own understanding. In all your ways acknowledge Him, and He will make your path straight. Do not be wise in your own eyes; fear the lord and shun evil. This will bring health to your body and nourishment to your bones” Proverbs **3:5-8**

### 2. How to initiate change in another by changing you...

- Own your own stuff
- Move toward lovingly
- Have no agenda of changing the other
- Look for a paradigm shift

### 3. Deal with our Ambivalence...

- Ambivalence defined:
  
- Benefits:
  
  
- Deficits:

As we move from split states of dichotomous living/thinking...on the road to maturity...we must pass through the tunnel and/or over the bridge of ambivalence...often we unconsciously get sidetracked and are unaware that we have pitched a tent, on the side of the road , and have camped out with our ambivalence

### 4. Ambivalence can keep us stuck...or move us along into acceptance

- Grieve
  
  
- Give up
  
  
- Let go

### 5. Art Therapy Exercise:

1. What are you stuck in the middle of right now? Depict the sides of your ambivalence?
  
2. What would moving into acceptance look like for you?