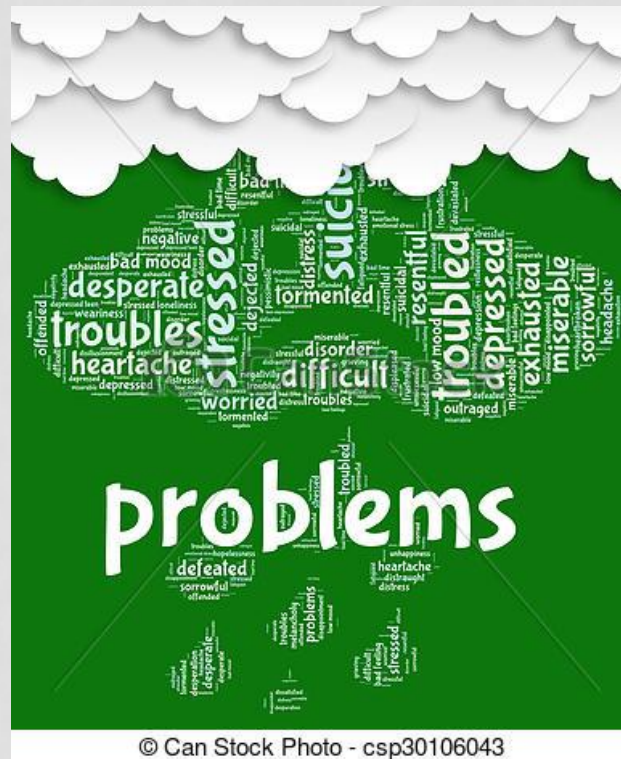


DEALING WITH STUMBLING BLOCKS



OBJECTIVES.

- Identify potential stumbling blocks.
- Explore methods to help you overcome these blocks.



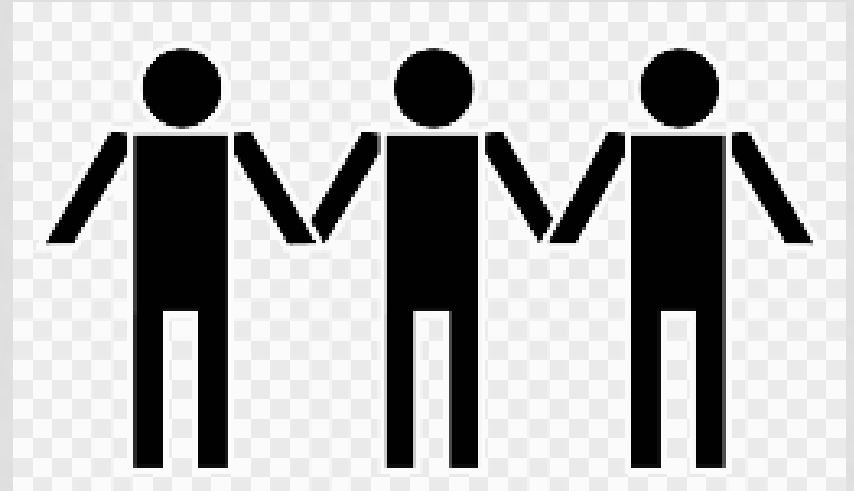
CLASS EXERCISE.

- Think about and make a note of what sort of stumbling blocks, you may experience in each of the following areas:
 - Home
 - Family
 - Self
 - Health
 - Relationships
 - Social life
 - Career
 - Money
- Be prepared to feedback and discuss.



DEALING WITH STUMBLING BLOCKS.

- We all encounter problems at one time or another. It is a natural part of life.
- Without stumbling blocks, hurdles and obstacles to overcome from time to time, life would be pretty boring and we would all have bland personalities with little character.



DEALING WITH STUMBLING BLOCKS.

- Our sense of success and achievement only comes about through our ability to recognise the struggle it took to get there.
- It is all about recognising potential obstacles in life and meeting the challenges posed by them head on that separates those who are successful and have happy lives and others who shy away from difficulties, see themselves as a victim and fail to achieve much in life.

RECOGNISING POTENTIAL STUMBLING BLOCKS

- Occasionally in life, we encounter difficulties at extremely short notice, which do not give us any time to prepare for them.
- It is during those periods where our strength of character is often put to the test but in general, we are often able to sense hurdles and obstacles ahead of time and plan a strategy for dealing with them.

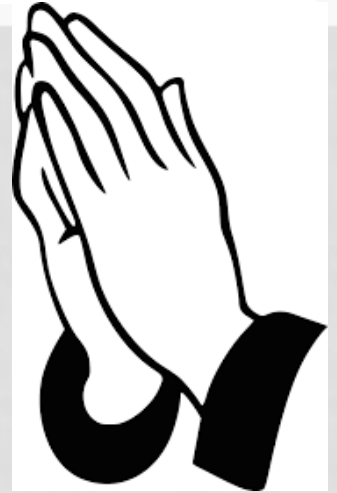


WHAT DOES NOT KILL US MAKES US STRONGER.

- Thinking about the things which make us stronger in life enables us to recognise events where we may be faced with a challenge to overcome.
- For example, when we face danger, we learn courage, when we endure suffering we learn patience, when illness hits us, it teaches us how to value our health.
- Without hurdles and obstacles to overcome, we cannot possibly ever become a strong person.
- How can we know happiness if we do not experience sadness?
- How do we taste the sweetness in life without ever having tasted the bitter?

OUT OF ADVERSITY.

- Too many people just hope and pray for an easy life.
- However, the reality is they are asking for something which is unattainable.
- What people should be asking for is the strength of character to be able to deal with all of life's adversities instead.



OVERCOMING HURDLES AND OBSTACLES

- Although each and every one of us will experience different hurdles and obstacles in life unique to our own existence, they will often be rooted in similar causes.
- Take fear for example, this is a natural human reaction to danger but fear can also be used as an excuse to avoid the resolution of a particular issue.
- Whilst this state of inertia may keep us safe for a while, it will also prevent us from taking risks in life, which are necessary if we want to overcome a particular problem. This can result in increased self-confidence at the same time.

ACTIVITY

- Complete the Factors that Help or Hinder learning.
- Be prepared to feedback

KNOWLEDGE IS POWER.

- Sometimes our lack of knowledge, focus and clarity can also confuse us into making a mountain out of a mole hill.



KNOWLEDGE IS POWER.

- This can lead us into a virtual state of paralysis whereby we end up like a scared rabbit trapped in the headlights, unable to see a way of escape.



A PROBLEM OR A REASON FOR CHANGE?

- However, if you think of an obstacle as something you need to get around or over to progress, it can fuel your determination.
- Obstacles can force us to go above and beyond our own sense of our capabilities and to exceed even our wildest expectations.
- The result being that we become stronger people and learn to amass a set of coping tools that will help us when we are faced with even greater challenges in later life.



SMALL OR BIG OBSTACLE-REALITY CHECK.

- Gaining clarity on an obstacle is crucial in order for us to rationalise it.
- At the first sense of some kind of problem about to emerge, some people will completely overcook it and build it up into being some kind of insurmountable, Everest-type hurdle that is going to be impossible to get over.



PROCRASTINATION – THE SIN OF ALL TIME.

- You also need to set aside enough time to focus on any particular stumbling block.
- Do not procrastinate and put off tackling difficulties and think, “Oh, I’d rather do something more enjoyable today and come back to this later”.
- In adopting such an approach, the obstacle or problem can often become bigger and can take you longer to resolve in the long term, so it is always best to tackle it head on sooner rather than later.

OVERCOMING THE HURDLE.

- Writing down and/or speak to others about potential hurdles; you often find that they are not as big as you first perceived and by breaking the obstacle down into smaller chunks, the steps you need to take to overcome them also seem much smaller and more manageable too.
- Start to formulate some kind of strategy.
- This process will be retained by you and you will be able to use it and modify it again and again when you are faced with other challenges later on.

SIMILAR OBSTACLES

- Sometimes we are faced with the same obstacle more than once, or one which is very similar to one we have struggled with in the past.
- When this occurs, it is important that you are ready for it second time around and meet it head on.
- Never let yourself think that because you have failed once, you are bound to fail again.
- This time around the circumstances are likely to be different and you will also have grown in character through lessons you have learned since the last time.

FEEL THE FEAR AND DO IT ANY WAY.

- Think about your fears and worries in general and then tackle them head on.
- By confronting perceived weaknesses and devising coping mechanisms and strategies to overcome them, this will make you stronger as a person and will equip you with all the tools necessary to overcome problems you encounter later on.



SUMMARY.

- Finally, overcoming a stumbling block is not always about an outright 'win'.
- Sometimes you may still get over an obstacle yet might still feel a bit bumped and bruised along the way.
- The important thing is that you have still overcome it and the lessons you have learned in doing so will help you to refine your technique and do it even better next time around, if you are faced with a similar proposition to overcome.



HOMework ACTIVITY – CLARIFYING STUMBLING BLOCKS.

- Complete the Stumbling Blocks activity.
- For each stumbling block that might prevent you achieving your dream or targets answer the questions in the activity sheet provided.
- The stumbling block may be a practical obstacle or difficulty to overcome, or it may be a psychological block which is holding you back.
- Responding to the questions in the activity should help you to clarify in your own mind, what the problem is and how you can overcome or get around it.