

IDENTIFYING and OVERCOMING STUCK POINTS

Stuck Points are beliefs about ourselves, others, or the world in general that are exaggerated, often negative, and not accurate. These beliefs are often formed to help us make sense of or feel in control of a traumatic event.

However, they can become ingrained and overly rigid making it difficult to view new experiences in a positive manner.



HOW TO OVERCOME STUCK POINTS

Identify your belief and the emotions that the belief drives. How do you feel when you have this thought?

Evaluate if the belief is supported by evidence, rather than based on current emotions or a habit of thinking.

When we overcome Stuck Points, we think flexibly and accurately about events and view ourselves and the world in a more realistic light. Resolving misconceptions about events in the past, allows us to clear our mind and approach new opportunities with a positive perspective.



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