

# Stuck In A Rut? Maybe This Can Help!

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Stuck in a rut? Can't get anywhere? Don't know what to do about it?  
Maybe I can offer some suggestions.

**Step One.** Understand and know, we all get into ruts. Getting into ruts is a natural part of life. Getting into ruts is always usually easy, and always usually hard to get out of. So, step one in getting out of a rut is to acknowledge that you are in one, that it is normal to get into one, and normally hard to get out of one. The more you accept the reality of what is, the easier it will be to perceive the reality of what can be.

**Step Two.** Stop thinking of yourself as suffering any more than everyone else. While you may indeed be special, nevertheless, what you are experiencing many others are also experiencing, some even worse than you. So, stop the self-pity and stop focusing on yourself. When you start to focus on something other than yourself, you not only lose sight of yourself, you also lose sight of your immediate problems, this already makes them seem a wee bit more tolerable.

Once you start paying attention to other, more pressing needs, you will find yourself in a state of movement. Granted, this is not the solution to being in a rut, but it does help us start the move out of it. Once you see what is, look around and see what else there is.

**Step Three.** Ask yourself, and be specific, what is it that you really want. Focus on what it is that you really want. Remember this, you can change almost anything in your personal life, but what you cannot do is to change another person, especially those close to us. Other people can drive us crazy. Other people and what they do can drag us down. But, here now is the secret! The aggravation caused us, by others close to us, is something we can control.



While we cannot control how others act, we can very much control how we react to the aggravation that others seem to cause us. People who aggravate us are like literal thorns in the side that we find almost impossible to ignore. I am not telling you to ignore them. I am not going to tell you some psycho-babble mumbo-jumbo about turning the other cheek and forgiving others. Sometimes others who cause us harm are worthy of our forgiveness and it is right to forgive them. Yet, just as many times, there are those who are, in no way, worthy to be forgiven.

Indeed, I tell you that unless one who harms us is truly remorseful AND make every attempt at restitution, then we have absolutely no obligation to forgive them. Indeed, when some S-O-B in our lives continues to cause us harm unapologetically and with malice, we should by no means forgive such a one, and indeed pray that God in Heaven takes note, and request Divine intervention and justice. (P.S. - we are not judging anyone here! We're simply asking for justice, not judgment, there is a difference, ya know?)

Just to offer a prayer of this nature goes a long way to make one feel better about their circumstances and about themselves. Standing up to aggravation and invoking Divine support is a great nudge to help get one out of a rut. Just remember this, never take aggressive action to intentionally harm another. Not only might this be illegal and get you into trouble, it also dishonors your honorable soul.

Those unworthy of our forgiveness are also unworthy of our attention or time. Treat them as dead. Be respectful, but be firm.

**Step Four.** Be practical. Remember the old saying, “Rome wasn’t built in a day.” Well, problems usually do not arise overnight, and solutions also rarely materialize on demand when desired.

To properly look at a problem, without all the emotional baggage, helps us see that, what in our eyes looks like a mountain, may actually be a molehill. It is impossible to step over mountains, but it is quite easy to step over molehills. Attitudes and perceptions go a long way in finding proper solutions for even the greatest of problems.

Think of Lego Blocks. Life is like Lego. What we have before us is a big pile of colorful bricks. What we decide to build with them is entirely up to us. And if we build something that is not to our liking, we can always take it apart, either partially or totally and begin to rebuild.

If what we build gets knocked down or broken, we can always rebuild. It may be frustrating, but, think of it this way, what we rebuild can be made better than that

which was originally there. Rebuilding is not an burdensome chore. On the contrary, it is an opportunity to make something better. Remember this, and rebuilding becomes both a challenge and a pleasure.

So, construct life and deconstruct problems like Lego Blocks. Build life with the enthusiasm of an architect. Ruts express themselves as a loss of drive and enthusiasm. We cannot start up emotions and passions like a lawn-mower. We cannot just “pull the cord” and have the engine hum. But what we can do is build with Legos. It might not make us feel good (or better), but once we do build something, and then step back and look at what we've built, we will either like it and feel pride, or hate it and feel distressed. But either way, we will be motivated to go back to work and to try again, until we build a palace.

Be practical and build. Don't worry about your feelings. Just keep moving forward, regardless of how you feel. When one is moving and building up, one is not stuck and tearing down.

**Step Five.** Expect delays, obstacles, hindrances and interference. Life is always full of not-too-pleasant stuff. This kind of stuff never goes away. So, don't expect it to. Rather than try to wish away reality, embrace it instead. Go with the flow and dance the ballet of life. You will find yourself becoming more and more competent and able to deal with life's never-ending problems once you acknowledge that there is only so much that you can do about them.

Granted, we do have power to handle certain things, but to everything there are natural limits, and we each only have what we have, and can only do what we can do. So, whatever is in our hands to do, we do. What is beyond us, we just have to let go and let be. One way or another life will go on.

We cannot stop or avoid problems, but we can chose how to deal with them once they come. With this sense of empowerment, we stand tall and strong, and this alone enables us to accomplish much more than we previously might have thought to be impossible.

**Step Six.** The biggest obstacle in getting out of a rut, is to get out of the mindset that you are in a rut. Being in a rut is a state of mind, not a state of being. Where you think is where you are at. If you think “rut,” then you be “rut.” It's really as simple as this.

In order to change the way you think, you also have to change the priority of your thoughts. Even the most melancholy still have emotions and feelings. Sometimes it is just necessary to indulge oneself, without guilt. Everything in moderation.

**Step Seven.** When all else fails, after you have tried everything else, and your frustration is just bubbling over, there is only one last thing to do. You have got to get mad! Like in the old movie, “Network,” you have to scream out to Heaven and demand, “I’m as mad as hell, and I’m not gonna take it anymore!”

Sometimes, no, most times, good guys finish last. Sometimes to sit back and do nothing is not what nature demands of us. Sometimes, we need to get involved in all the “hullabaloo.” Sometimes we need to just dive in to a barrel full of problems and just act instinctively and intuitively. Sometimes, it is best not to have a plan and not to follow what everyone else considers to be the right thing.

Sometimes it is right to just smash through, breaking whatever it is in the way, and then clean up the mess once finished. While I would not recommend this course of action to be first and foremost, nevertheless, it does have its place, and when its time and place has been reached, then there is no other path to walk. Just remember this, never take aggressive action to intentionally harm another. Not only might this be illegal and get you into trouble, it also dishonors your honorable soul.

**Conclusions.** Movement in life is never easy. Balancing what we think with what we feel is equally never easy. But life must go on, and one way or another we do move on. We can make life so much easier and so much more enjoyable if only we stopped being selfish, stopped doing stupid things and started being honest and sincere with ourselves and with others. Proper morals and good character are not just religious imperatives, they are also good ingredients for maintaining personal psychological stability and peace-of-mind.

So, be honest, think beyond yourself, know what it is you want, and also know what it is you can really expect, build with patience and look at every setback as an opportunity. Expect delays and obstacles, and when the moment demands it, get mad, smash through, and pick up the pieces later. Sometimes, a good smash releases all kinds of inner frustrations and leads back to a stable clear head, and a reasonable solution that works best for all involved.

**One last thing.** Overcome fear. Life hates sissies!