

Get  
Unstuck  
- & -  
Stay  
Unstuck

Because **Fear** Is  
**Not** the **Boss** of You

**JENNIFER ALLWOOD**

**A PDF COMPANION TO THE AUDIOBOOK**

ZONDERVAN

*Get Unstuck & Stay Unstuck*

© 2022 Jennifer Allwood

Requests for information should be addressed to:

Zondervan, 3900 Sparks Dr. SE, Grand Rapids, Michigan 49546

ISBN 978-0-310-45520-2 (audio book)

ISBN 978-0-310-45499-1 (eBook)

ISBN 978-0-310-45564-6 (HC)

Unless otherwise noted, Scripture quotations are taken from the Holy Bible, New International Version<sup>®</sup>, niv<sup>®</sup>. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.<sup>®</sup> Used by permission of Zondervan. All rights reserved worldwide. [www.zondervan.com](http://www.zondervan.com). The “niv” and “New International Version” are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.<sup>®</sup>

Any internet addresses (websites, blogs, etc.) and telephone numbers in this book are offered as a resource. They are not intended in any way to be or imply an endorsement by Zondervan, nor does Zondervan vouch for the content of these sites and numbers for the life of this book.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recording, or any other—except for brief quotations in printed reviews, without the prior permission of the publisher.

*Art direction and cover design: Sabryna Luggé*

*Cover illustration and lettering: Jessi Raulet*

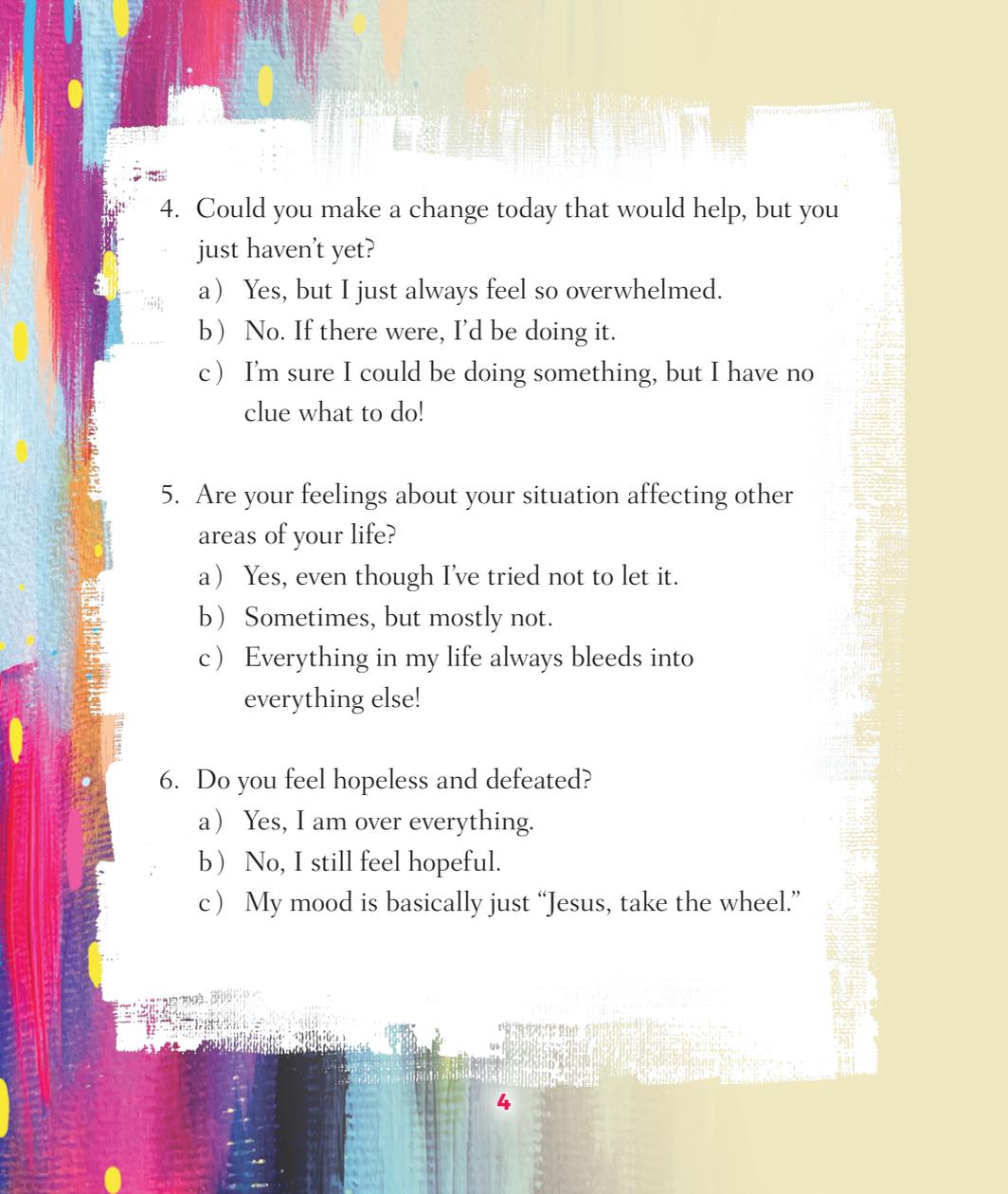
*Interior design: Denise Froehlich*

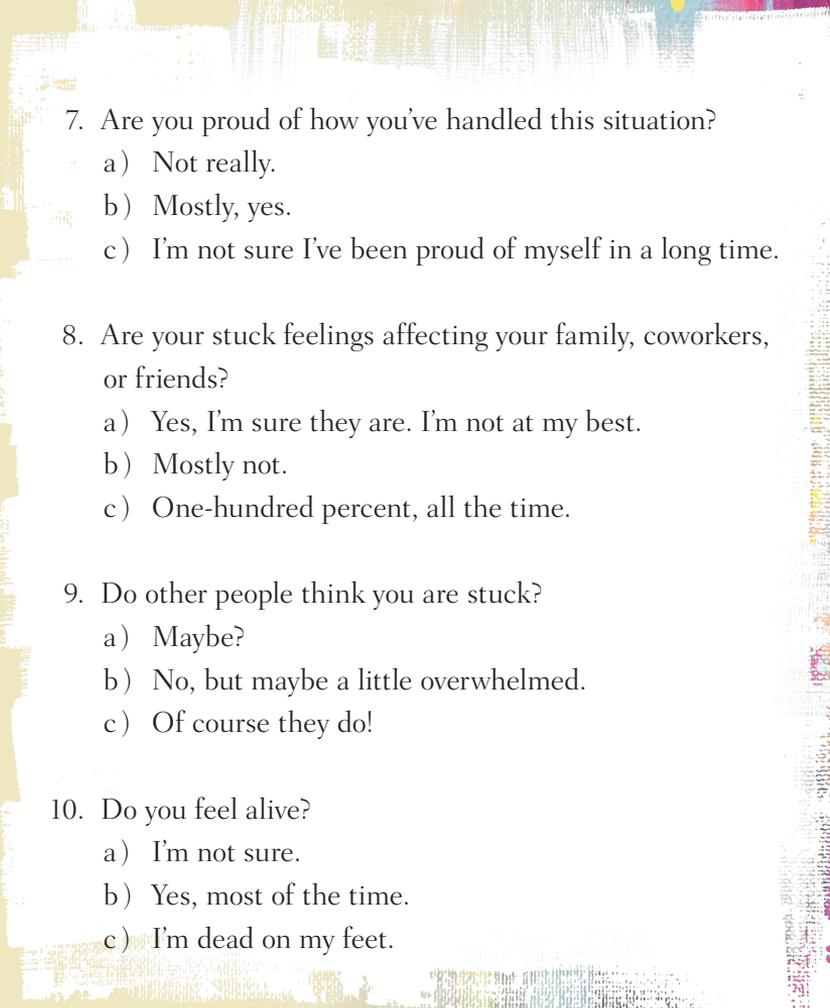
*Photography credit, page 154: Amber Deery, Amber Deery Photography*

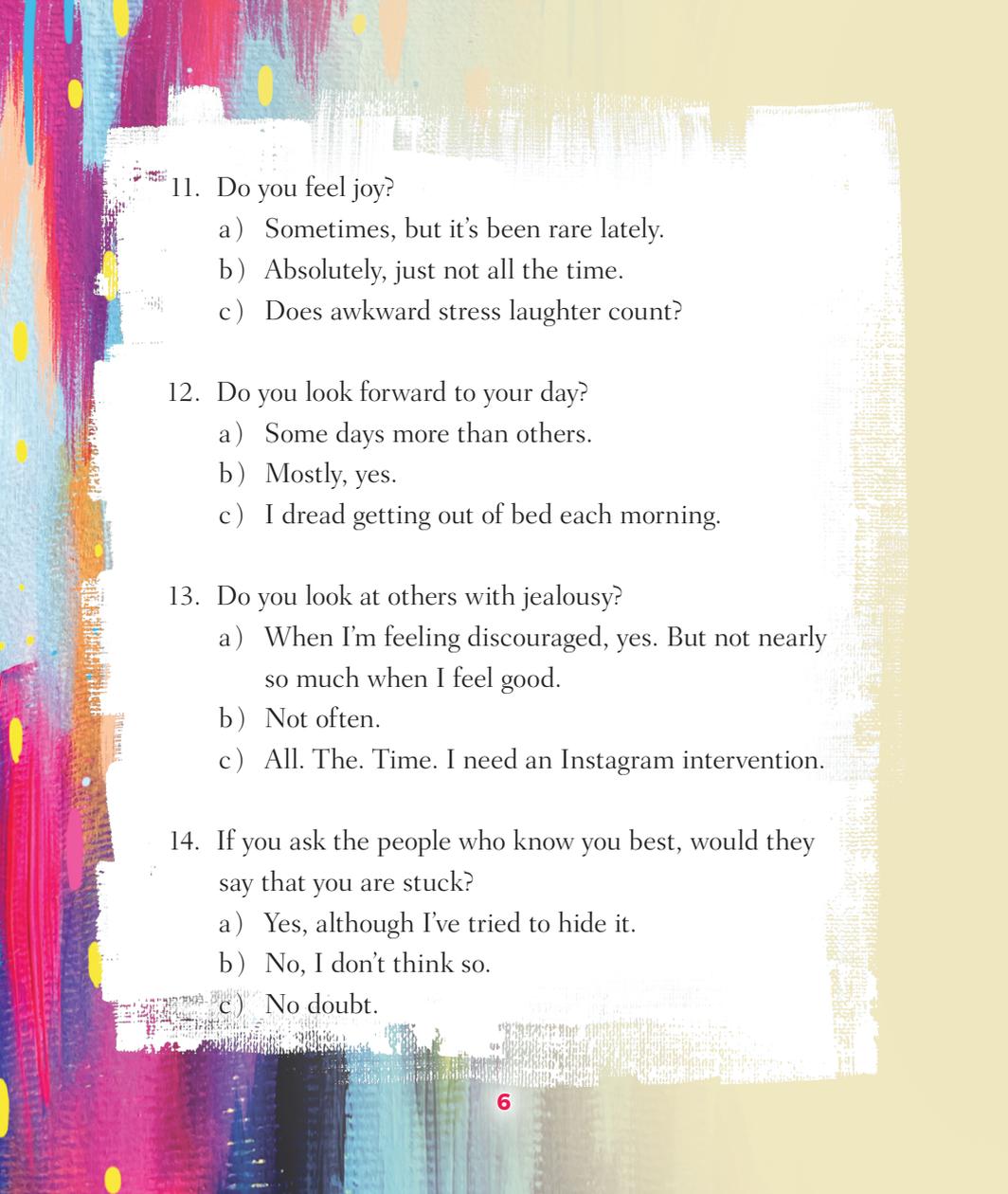
*Printed in China*

## Are You Stuck? Quiz

1. Is there a particular situation that has you feeling stuck?
  - a) No
  - b) Yes
  - c) Yes—actually, there's more than one situation. Like, a lot of situations.
2. Is there an end date to whatever you're dealing with, such as a deadline or the end of a specific season or timeline?
  - a) Yes, the end is in sight!
  - b) No, but I really wish there were.
  - c) It feels like it will always be this way.
3. Is the sticky situation something you can change or control in any way?
  - a) Yes, but sometimes it doesn't feel like it.
  - b) No, the only thing I can control is my attitude about it.
  - c) Yes, I can control some of it, but not all of it.

- 
4. Could you make a change today that would help, but you just haven't yet?
    - a) Yes, but I just always feel so overwhelmed.
    - b) No. If there were, I'd be doing it.
    - c) I'm sure I could be doing something, but I have no clue what to do!
  
  5. Are your feelings about your situation affecting other areas of your life?
    - a) Yes, even though I've tried not to let it.
    - b) Sometimes, but mostly not.
    - c) Everything in my life always bleeds into everything else!
  
  6. Do you feel hopeless and defeated?
    - a) Yes, I am over everything.
    - b) No, I still feel hopeful.
    - c) My mood is basically just "Jesus, take the wheel."

- 
7. Are you proud of how you've handled this situation?
    - a) Not really.
    - b) Mostly, yes.
    - c) I'm not sure I've been proud of myself in a long time.
  
  8. Are your stuck feelings affecting your family, coworkers, or friends?
    - a) Yes, I'm sure they are. I'm not at my best.
    - b) Mostly not.
    - c) One-hundred percent, all the time.
  
  9. Do other people think you are stuck?
    - a) Maybe?
    - b) No, but maybe a little overwhelmed.
    - c) Of course they do!
  
  10. Do you feel alive?
    - a) I'm not sure.
    - b) Yes, most of the time.
    - c) I'm dead on my feet.

- 
11. Do you feel joy?
- a) Sometimes, but it's been rare lately.
  - b) Absolutely, just not all the time.
  - c) Does awkward stress laughter count?
12. Do you look forward to your day?
- a) Some days more than others.
  - b) Mostly, yes.
  - c) I dread getting out of bed each morning.
13. Do you look at others with jealousy?
- a) When I'm feeling discouraged, yes. But not nearly so much when I feel good.
  - b) Not often.
  - c) All. The. Time. I need an Instagram intervention.
14. If you ask the people who know you best, would they say that you are stuck?
- a) Yes, although I've tried to hide it.
  - b) No, I don't think so.
  - c) No doubt.

15. Do you have a vision for your future?
- a) It's hazy.
  - b) Yes, but how to make it come true has me feeling stuck.
  - c) I can barely plan ahead to lunch, let alone the future.
16. Do you know in your heart that you were made for more, but for some reason, you just can't get over the hump to reach it?
- a) Can I get an *amen*? That's exactly how I feel!
  - b) I know I was made for more, and I think I'm well on my way to getting there.
  - c) Slow down with *made for more*. I'm just hanging on by a thread over here!

## Struggle Reframing Exercise

- I was handed \_\_\_\_\_, so now I have \_\_\_\_\_.
- I grew up with \_\_\_\_\_, so now I know \_\_\_\_\_.
- My family struggled with \_\_\_\_\_, so I know the importance of \_\_\_\_\_.
- I dealt with \_\_\_\_\_, so now I fight to keep my life \_\_\_\_\_.
- I could never have \_\_\_\_\_ as a child, and that taught me to \_\_\_\_\_.
- I watched [FAMILY MEMBER'S NAME(S)] \_\_\_\_\_ struggle with \_\_\_\_\_, so now I make sure to \_\_\_\_\_.
- I make \_\_\_\_\_ a priority because of my experiences with \_\_\_\_\_.
- I hated dealing with \_\_\_\_\_ in my past, so now I am careful to \_\_\_\_\_.
- I am not [FAMILY MEMBER'S NAME(S)] \_\_\_\_\_. I will not keep the [STRUGGLES] \_\_\_\_\_ I was handed.
- My struggles with \_\_\_\_\_ are not a handicap. They taught me to be \_\_\_\_\_ and that's my secret sauce!

Add your own reframing affirmations here.

---

---

---

---

---

---

---

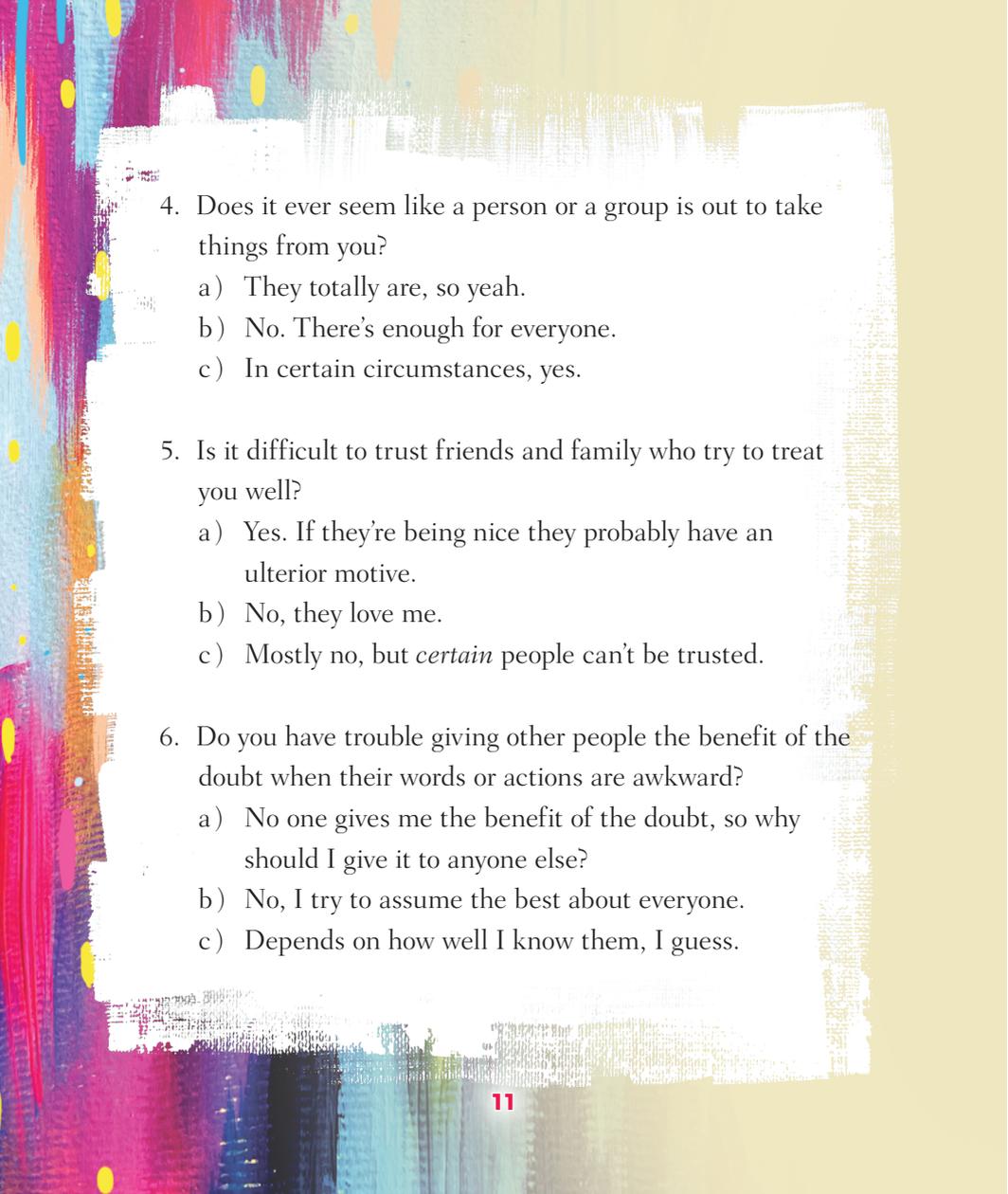
---

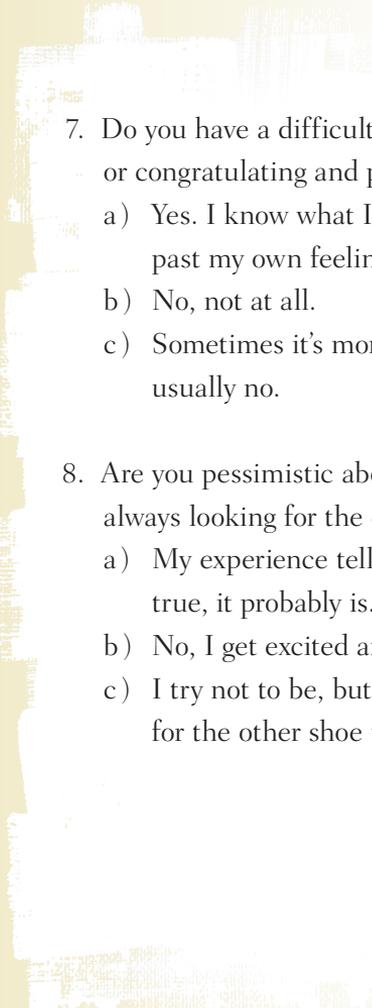
---

---

## Know Why You're Stuck Quiz

1. Are you often jealous of the people around you who have what you don't?
  - a) Yes, I want it all.
  - b) Nope, I'm too blessed to be stressed.
  - c) Sometimes, but isn't that normal?
2. Are you easily irritated by happy people who seem to have it all?
  - a) Ugh. What are they so happy about anyway?
  - b) No, I'm pretty happy myself.
  - c) Mostly no, but *certain* happy people drive me nuts.
3. Do you criticize or gossip about people when they're not around?
  - a) Only when someone is being annoying—which is always.
  - b) I try really hard not to.
  - c) Yes, but I never say anything I wouldn't say to their faces.

- 
4. Does it ever seem like a person or a group is out to take things from you?
    - a) They totally are, so yeah.
    - b) No. There's enough for everyone.
    - c) In certain circumstances, yes.
  
  5. Is it difficult to trust friends and family who try to treat you well?
    - a) Yes. If they're being nice they probably have an ulterior motive.
    - b) No, they love me.
    - c) Mostly no, but *certain* people can't be trusted.
  
  6. Do you have trouble giving other people the benefit of the doubt when their words or actions are awkward?
    - a) No one gives me the benefit of the doubt, so why should I give it to anyone else?
    - b) No, I try to assume the best about everyone.
    - c) Depends on how well I know them, I guess.

- 
- 
7. Do you have a difficult time apologizing when you're wrong, or congratulating and praising others when they do well?
- a) Yes. I know what I'm supposed to do, but I just can't get past my own feelings.
  - b) No, not at all.
  - c) Sometimes it's more difficult than others, but usually no.
8. Are you pessimistic about good news or new opportunities, always looking for the catch?
- a) My experience tells me that if it looks too good to be true, it probably is.
  - b) No, I get excited and hopeful.
  - c) I try not to be, but a tiny part of me can't help waiting for the other shoe to drop.

# Worst-Case Scenario Exercise

What do you feel anxious about? \_\_\_\_\_

So what if you fail? \_\_\_\_\_

What's the worst that could happen? \_\_\_\_\_

What would you do then? \_\_\_\_\_

So what if you succeed? \_\_\_\_\_

What's the best that could happen? \_\_\_\_\_

What would you do then? \_\_\_\_\_

What do you feel anxious about? \_\_\_\_\_

So what if you fail? \_\_\_\_\_

What's the worst that could happen? \_\_\_\_\_

What would you do then? \_\_\_\_\_

So what if you succeed? \_\_\_\_\_

What's the best that could happen? \_\_\_\_\_

What would you do then? \_\_\_\_\_

