

The 3 Aha Moments

When you apply the Model to your life, you realize there are only five possible reasons for you to be stuck: circumstances, thoughts, feelings, actions, and results.

But there are a lot of mistakes that can happen when applying the Model. Being able to solve these problems is critical to getting unstuck. Here are three problems we see most often.

PROBLEM 1 | CIRCUMSTANCE MISLABELING

This occurs when you blame everything in your life on your circumstances. It's crucial that you separate out the circumstances in your life from your opinions.

You can't change the circumstances, but you can change the way you're thinking about them. When you do this, you change the way you feel.

PROBLEM 2 | MISASSIGNED MEANING

When you look at what's happening in your life and make it mean something it doesn't, it's known as misassigned meaning. If you're experiencing a result in your life that you don't like, such as your weight, it's easy to make it mean you're lazy, not disciplined, can't lose weight, etc.

But the meaning comes from your brain, not the circumstance of weighing more than you'd like. The Model helps you understand you can make the circumstance mean anything you want.

PROBLEM 3 | PROCESSING EMOTIONS

Not allowing yourself to feel your emotions is another problem that causes many people to feel stuck.

Processing your emotions is not something that happens automatically—you have to work at it. The more you resist emotions, the bigger they get. When you process your emotions, it frees you up to start producing the results you want.

Be an example of what's possible by using the Model.

Once you learn how to solve these three problems, you'll be amazed at how quickly you can take control of anything that happens in your life and start creating the results you've always wanted.

[Click here](#) to watch Video #2 and learn more about how this new method can help you become unstuck.