4. Does your Stuck Point include all-or-none terms?

5. Does the Stuck Point include words or phrases that are extreme or exaggerated (such as “always,” “forever,” “never,” “need,” “should,” “must,” “can’t,” and “every time”)?

6. In what way is your Stuck Point focused on just one piece of the story?

7. Where did this Stuck Point come from? Is this a dependable source of information on this Stuck Point?

8. How is your Stuck Point confusing something that is possible with something that is likely?

9. In what ways is your Stuck Point based on feelings rather than facts?

10. In what ways is this Stuck Point focused on unrelated parts of the story?