

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

This question is about deciding that one piece of information from the event caused the event to happen. Then, you use this one aspect to create your Stuck Point. Example: "If I had been stronger, then this wouldn't have happened." Now think about drawing a pie chart and showing one small slice of that pie as the one aspect you are focusing on. You are probably assigning 100% of the "blame" or "cause" to this "slice" and discounting all the remaining factors (other slices) in the rest of the pie. Other slices might include that you were outnumbered, the perpetrator had a weapon, you were taken by surprise, there were no other options at the time, or similar factors. Why are these other factors/slices not considered here as contributory? Are you discounting them and only focusing on the one factor/slice?

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

Think about the time period when the event happened. Who were you at the time (a scared 20-year-old in combat, a child victimized by an adult, etc.)? Your Stuck Point may be based on a thought that you developed when you were scared or very young. You have retained that Stuck Point all these years, based on how you thought at the time. Or think about the enemy/perpetrator/other sources: Are these people reliable? Can they be trusted to make judgments about the event (or you)? Your Stuck Point might be a statement told to you by a perpetrator. Is a perpetrator to be trusted (reliable) to make this statement? Would we expect that a perpetrator is truthful? Consider your source.

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

*This question is best for a Stuck Point that is focused on the present or the future. It asks you, "What is the likelihood or percentage/chance that the Stuck Point will happen again?" An example of a present or future-oriented Stuck Point would be "If I trust others, then I'll get hurt." It may actually be a low probability, but you are living your life as if it is a certainty. Yes, it **could** happen, but are you living as if it **will** happen? Of course, in a dangerous environment, you may have to consider everything as a high probability, because the consequences (death or injury) are great. But are you taking into consideration that you don't need to hold this same degree of probability in **all** environments? In other words, are you applying the Stuck Point as if it has a high probability (a certainty) of happening again in **all** situations now? For example, think about driving. We all know that many people die every year in car accidents, yet we still drive. We do this because although we are aware that we could die in a car accident, we don't live as if it **will** happen.*

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

*This question represents the idea that if you **feel** something is true, then it must be. For example, think about hypervigilance: Because you **feel** uncomfortable or under threat in a crowd, you assume (or develop the belief) that it is dangerous. This becomes "I don't like crowds," which translates into the Stuck Point "I am never safe in a crowd," or "If I am in a crowd, then I will be harmed." Another example is that if you **feel** guilty, then you assume you must be at fault.*

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

This question is about focusing the cause or blame on something that had nothing to do with the event's happening. For example, "I wore a red dress; therefore, I was assaulted." This is different from question 6 because it is about something that was irrelevant, whereas in question 6 the factor may have contributed to the event but is not wholly to blame. However, even in question 6, the piece may be incorrect rather than factual.