



The Grind Part 17 – Overcoming Obstacles and Breaking Down Barriers

VIDEO INTRO: <https://youtu.be/2Hlux74BCqE>

Sometimes in the grind of life we may feel like overwhelmed because too many things seem to be between where we are today and where we want to be (our goals). Some people call those things barriers and some call them obstacles. Whatever we call it, it is important to be able to devise a workable plan to move forward in spite of what is in our way. That is what grinding it out is all about: Pushing forward past barriers and cleverly circumventing obstacles. Therefore, this exercise is all about identifying what is getting in our way so we can build hope and momentum to move forward in a positive way and to keep pushing through when life is a grind.

To get started: Think about the following and if doing this as a group discuss together:

Where am I now? (Describe in terms of your goals)

Where do I want to be? (Again, describe with your primary goals and realistic hopes in view)

Next, as a way to grind forward through life's challenges: Identify some obstacles and barriers that are getting in the way between **where you are** now and **where you want to be**. Consider some life areas for obstacles and barriers: Check all that apply in your situation.

- Mental Health – Do you have a mental health situation (Depression, anxiety, etc.) that can add challenges to achieving your goals?**
- Physical (Not Health) – Are there physical barriers, (lack of transportation for instance) getting in your way?**
- Physical (Health related) – Are you dealing with a health situation that is a challenge?**
- Informational (Knowledge) – Sometimes not knowing or understanding exactly how to do what we need to do is a barrier or obstacle.**
- Social – Are there social difficulties making things challenging? (Lack of support, difficulty making friends, trust issues, social anxiety, etc.)**
- Financial – Lack of funds can certainly make things more challenging (but can be overcome).**
- Fears – Fear is an internal barrier to progress: Is fear or insecurity holding you back from your best?**
- Motivational – Is it challenging to get started, keep going, remain driven, and stay inspired?**
- Decision Making – Is it difficult for you to make a choice and commit to it?**
- Pride – Our own ego can get in the way of changing. Often it is necessary to be humble first, to then move forward.**
- Educational – We may have a lack of degrees needed for certain careers and other life prospects.**
- Societal – Legal problems or history (like having a record) can present challenges as well as social biases and prejudices.**
- Time and Responsibility- A busy life can make things harder to manage (Like needing to work or care for children)**
- Other? _____**

We can overcome all of these with time and effort.



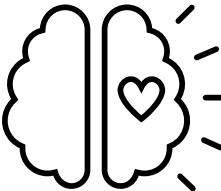
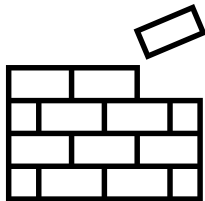


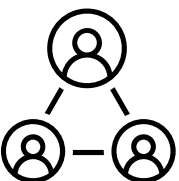
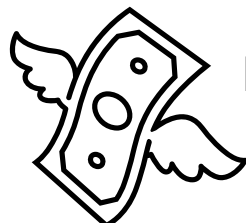
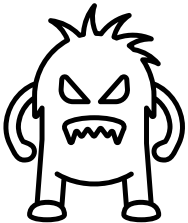

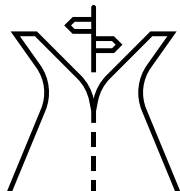
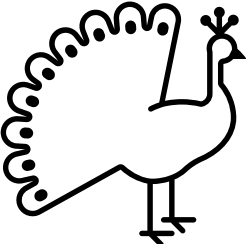
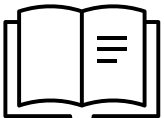
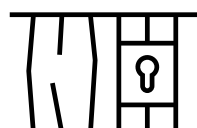
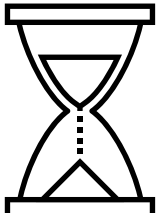
Exercise: Identifying Ideas and Strategies to Break Barriers and Overcome Obstacles

This can be done one on one with a counselor or other helper or as a group therapy activity.

Directions: Everyone in the group should write down on the back of some of these cards some of the specific barriers and obstacles you are facing in your path between where you are now and where you want to be. **You can be honest. Try to be specific.** Cut out the cards and put everyone's cards in a pile. Go around selecting a card with a barrier/obstacle, read it aloud, and then as a group, **brainstorm ideas for breaking down that barrier and overcoming those obstacles.**

Examples

- **Lack of knowledge:** "I just don't understand how people have fun without drugs or alcohol?"
- **Mental Health:** "My depression holds me back sometimes even when I am doing well"
- **Fear:** "I think I sabotage myself sometimes because of fear of change and fear of success"

 Mental Health	 Physical Barrier	 Health-Related
 Lack of info/ knowledge	 Social	 Financial
 Fear	 Lack of Motivation	 Decision Making
 Pride	 Education	 Societal
 Time & Responsibility	Other?	Other?



10 Quotes about Overcoming Obstacles:

“Obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it.” – Michael Jordan

“The greater the obstacle, the more glory in overcoming it.” – Molière

“Being challenged in life is inevitable, being defeated is optional.” – Roger Crawford

“Achieving success is a challenge but so is struggling so you may as well choose success.” – Rob Liano

“Only those who dare to fail greatly can ever achieve greatly.” – Robert F. Kennedy

“Our very survival depends on our ability to stay awake, to adjust to new ideas, to remain vigilant and to face the challenge of change.” – Martin Luther King Jr.

“Worry never accomplishes anything. When you have a problem, it is best to concentrate on the solution to that problem, not the problem itself.” – Thomas D. Willhite

“It’s not that I’m so smart, it’s just that I stay with problems longer.” – Albert Einstein

“Well, if it can be thought, it can be done, a problem can be overcome,” - E.A. Bucchianeri,

“Many times, we are our worst enemy. If we could learn to conquer ourselves, then we will have a much easier time overcoming the obstacles that are in front of us.” - Stephan Labossiere

Closing discussion:

Which quote stands out to you the most and why?

Sometimes people fall into the “YEAH-BUT” trap: People will hear a solution to a problem, say “YEAH (*that sounds good*), BUT *not in my case, that won’t work because of <Excuse>*” –

- **Why is it important to avoid the “YEAH-BUT” trap?**

What takeaways and ideas will you bring home from this session for overcoming obstacles and breaking down barriers in your path toward success?

Keep in mind: Some of the things discussed in this group can be topics for future groups.