

Feeling Stuck in Life

Feeling stuck in life can be frustrating and disheartening, often leaving you unsure of how to move forward. This workbook is designed to help you explore the reasons behind these feelings and provide you with practical tools and strategies to break free from the patterns holding you back.

Inside, you'll find a series of worksheets aimed at guiding you through **identifying what's keeping you stuck, clarifying your values, and developing actionable steps to create meaningful change**. By working through these exercises, you'll gain insight into your thoughts and behaviors and discover how to align your life with what truly matters to you, helping you feel more empowered and in control of your future.

Cognitive Restructuring

This worksheet will guide you through the process of identifying and challenging negative thoughts that may be keeping you stuck. By reframing these thoughts, you'll learn how to develop more helpful perspectives that can empower you to take action and move forward.

DBT PLEASE Skill

This worksheet focuses on the DBT PLEASE skills, which are designed to help you manage emotional vulnerabilities by taking care of your physical well-being. By practicing these skills, you can build a stronger foundation for emotional resilience and improve your overall sense of balance and control.

SMART Goals

Setting SMART goals—specific, measurable, achievable, relevant, and time-bound—helps you create clear, actionable steps toward progress. By breaking down your goals this way, you can overcome the feeling of being stuck and start making meaningful strides toward the life you want.

Values Inventory

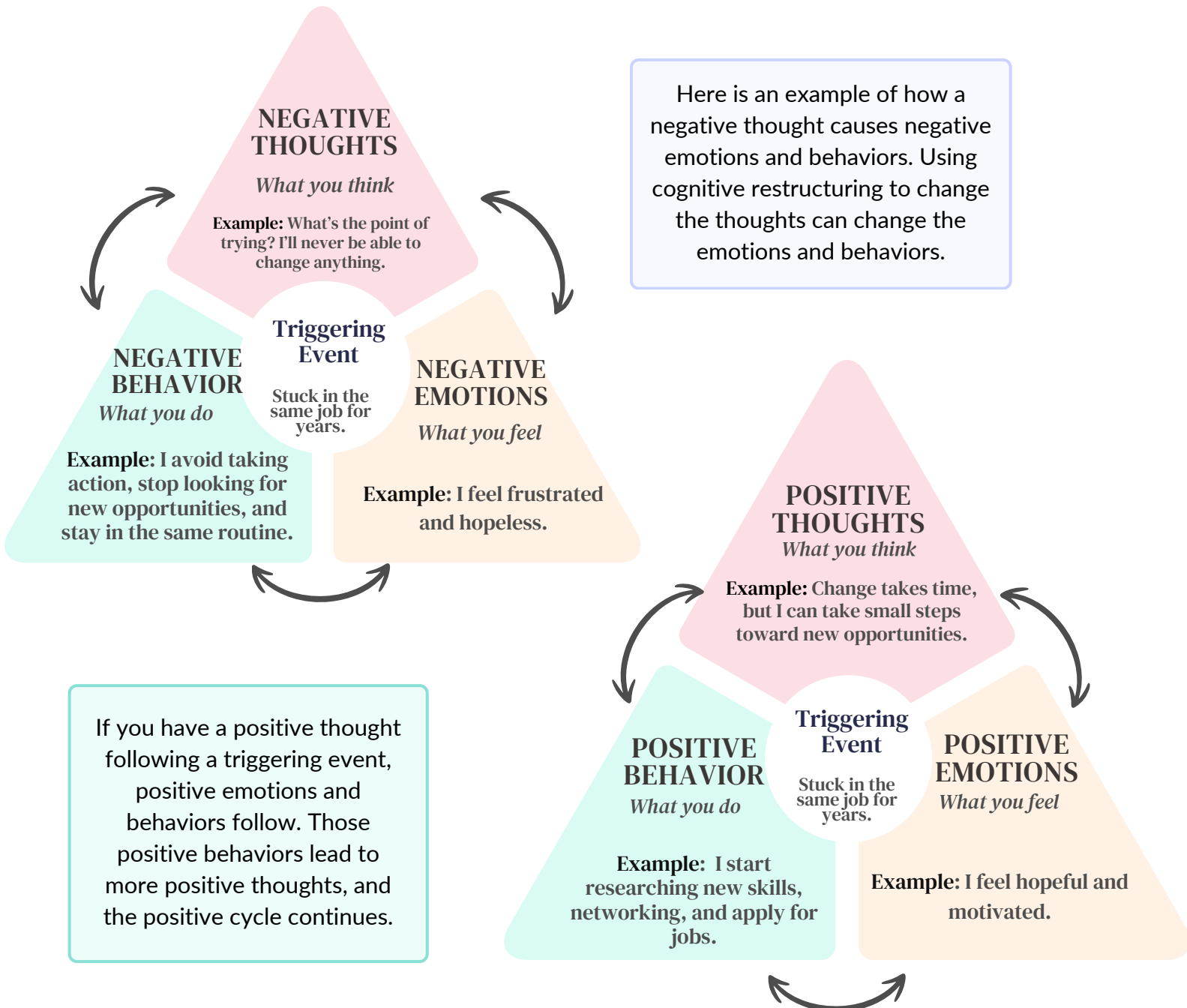
This worksheet helps you identify and rank your core values, providing insight into what truly matters to you. Understanding your values can help you get unstuck by aligning your actions and decisions with what you find most meaningful in life.



Scan or [click here](#) to learn more about feeling stuck in life.

Cognitive Restructuring

Cognitive restructuring is a CBT tool that helps you spot and challenge negative or unhelpful thoughts. By taking a closer look at these thoughts, you can begin to replace them with more helpful and realistic ones. **If you're feeling stuck in life, cognitive restructuring can help break down the mental barriers that make it hard to move forward, allowing you to rethink the limiting beliefs that hold you back.**



Here is an example of how a negative thought causes negative emotions and behaviors. Using cognitive restructuring to change the thoughts can change the emotions and behaviors.

If you have a positive thought following a triggering event, positive emotions and behaviors follow. Those positive behaviors lead to more positive thoughts, and the positive cycle continues.



Cognitive Restructuring

THOUGHT

What you think in a situation
Ex: I'm the worst friend

EMOTION

How you feel
Ex: I feel sad and hopeless

BEHAVIOR

How you handle the situation
Ex: Isolate and withdraw

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

You can recognize unhealthy thought patterns that are making your depression symptoms worse by practicing cognitive restructuring. Use the questions below each time you're experiencing unwanted thoughts that lead to unhealthy behaviors.

Thought:

Is my thought factual?

What evidence do I have to support my thought?

What would someone else say about the situation?

Is it possible to view this situation differently?



DBT PLEASE Skill

The PLEASE skill in dialectal behavior therapy (DBT) is a simple acronym that helps you remember the basics of mental and physical well-being. This worksheet will guide you through applying the PLEASE skill to manage intense emotions that get in the way of feeling good.

PL

Treat Physical Illness

Make sure to look after your overall physical health by having regular check-ups, staying active, and following any medical advice. Taking care of your body helps keep your mind stable and healthy.

E

Balanced Eating

Try to eat regular, healthy meals. Good nutrition can help keep your mood steady and give you the energy you need, making you less likely to feel upset or stressed.

A

Avoid Mood-Altering Substances

Stay away from substances like alcohol and drugs that can affect your mood and thinking. Avoiding these helps you think clearly and manage your emotions better, which is important for your mental health.

S

Balanced Sleep

Getting enough sleep is very important for handling your emotions well. Try to keep a regular sleep schedule. Good sleep helps your mind work properly and keeps your emotions steady, reducing the chances of feeling moody or upset.

E

Exercise Daily

Exercise can lift your mood, reduce stress, and improve your overall emotional well-being. It also helps your body produce endorphins, which make you feel happier.



DBT PLEASE Skill

PHYSICAL ILLNESS: Take care of your physical health.

Track your progress daily for a week to see if you are attending to your physical health on a regular basis or if there is room for improvement.

	M	T	W	T	F	S	S
Scheduled and attended doctors appointments							
Took medications							
Took a shower and washed face							
Brushed my teeth							
Moved my body							
Ate nutritious food							
Went outside							
Drank enough water							
Limited time on social media							
Cleaned the house							
Spoke to another person							

What challenges did you face when taking care of your physical health and how can you overcome them?

.....

.....

.....



DBT PLEASE Skill

BALANCED EATING: What we eat contributes to our mental health.

Keep track of the foods you consume for several days and how you feel after you eat them. The more specific you can be about how you feel after eating, the better!

Food Consumed	How I Felt After Eating it
1.
2.
3.
4.
5.
6.
7.
8.
9.

Which foods made you feel the best & what foods do you want to avoid going forward?

.....
.....
.....



**AVOID MOOD
ALTERING
SUBSTANCES:**

Evaluate your use of substances that may affect your mood.

Substances such as alcohol, non-prescription medications, drugs, and caffeine can affect your ability to regulate your emotions. One of the keys to emotional stability is to take medication as prescribed and avoid substances used for self-medicating.

What mood altering substances do you use?

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.....
.....

What are your personal reasons for avoiding mood altering substances?

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.....
.....

What steps can you take to reduce or eliminate these substances?

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.....
.....

What challenges might you face and how can you overcome them?

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.....
.....



DBT PLEASE Skill

BALANCED SLEEP: Getting enough sleep is important to your mental health.

You should strive for 7 to 9 hours of sleep per night and establish good sleep habits to help regulate your mood.

With a sleep diary, you can log your bedtime, night awakenings, and morning wake-up times. This helps you see your sleep patterns and overall sleep duration, as well as how often your sleep is disrupted. Additionally, a sleep diary helps you track activities affecting your sleep. You'll note when you exercise, nap, take medication, or consume caffeine or alcohol.

INSTRUCTIONS: (1) Write the date and type of day: Work, School, or Day Off. (2) Put the letter "C" in the box when you have coffee, cola or tea. Put "M" when you take any medicine. Put "A" when you drink alcohol. Put "E" when you exercise. (3) Put a "B" in the box to show when you go to bed. Put a "Z" in the box that shows when you think you fell asleep. (4) Put a "Z" in all the boxes that show when you are asleep at night or when you take a nap during the day. (5) Leave boxes empty to show when you wake up at night and when you are awake during the day. **SAMPLE ENTRY BELOW:**

Date	Type of Day	P.M.											A.M.												
		12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
7/12	Work		C					E		A		M	B	Z	Z	Z	Z		Z	Z	Z				

Date	Type of Day	P.M.											A.M.												
		12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11



DBT PLEASE Skill

EXERCISE DAILY: Exercise is a great way to balance your mood.

Though it can be challenging to incorporate exercise into your daily routine, completing it can make you feel better physically and mentally. Even 20-30 minutes of brisk walking can be beneficial.

DATE & TIME	TYPE OF EXERCISE	DURATION	INTENSITY

Which workouts did you enjoy the most & want to do more?

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What challenges did you face and how can you overcome them?

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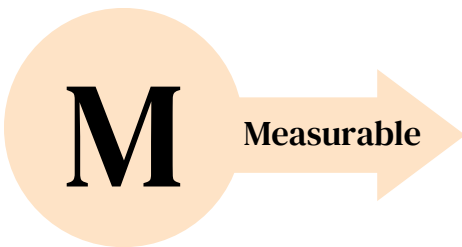
Setting SMART Goals

SMART Goals is a structured goal-setting method that helps individuals create clear, actionable objectives. **SMART Goals helps you break down larger tasks into manageable steps, making them less overwhelming.** This structured approach can also enhance motivation, improve focus, and provide a sense of accomplishment.



What is your goal? Write down exactly what you want to achieve. Be clear and detailed about what you expect to accomplish.

Example: "I will go for a 10-minute walk in my neighborhood every morning."



How will you measure your progress? Determine how you will track your progress and know when you have achieved your goal.

Example: "I will track my daily walks in a journal and aim to complete at least 5 walks per week."



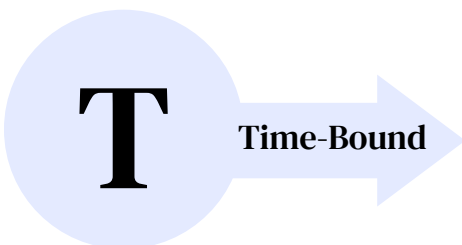
Is your goal realistic? What steps can you take to make your goal achievable? Break down your goal into smaller, manageable tasks.

Example: "I will start with a 10-minute walk and gradually increase the duration by 5 minutes each week, aiming for a 30-minute walk by the end of the month."



Does this goal align with your broader objectives? Ensure that your goal is relevant and meaningful to your overall life or career goals. Reflect on the value and impact of achieving this goal.

Example: "I will focus on walking because physical activity has been shown to improve mood and reduce symptoms of depression."



What is your deadline for achieving this goal? Set a specific date by which you plan to achieve your goal. Identify immediate actions you can take to begin your progress.

Example: "I will achieve my goal of walking 30 minutes every day by the end of the next 4 weeks."

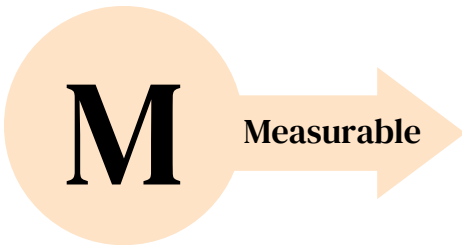


Setting SMART Goals

SMART Goals is a structured goal-setting method that helps individuals create clear, actionable objectives. **SMART Goals are particularly helpful as it breaks down larger tasks into manageable steps, making them less overwhelming.** This structured approach can also enhance motivation, improve focus, and provide a sense of accomplishment, all of which are crucial for managing and alleviating symptoms of depression.



What is your goal? Write down exactly what you want to achieve. Be clear and detailed about what you expect to accomplish.



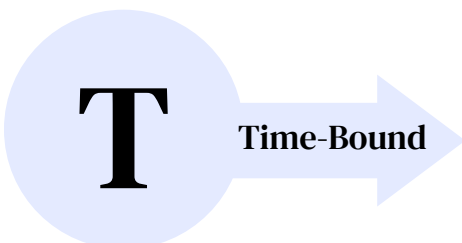
How will you measure your progress? Determine how you will track your progress and know when you have achieved your goal.



Is your goal realistic? What steps can you take to make your goal achievable? Break down your goal into smaller, manageable tasks.



Does this goal align with your broader objectives? Ensure that your goal is relevant and meaningful to your overall life or career goals. Reflect on the value and impact of achieving this goal.



What is your deadline for achieving this goal? Set a specific date by which you plan to achieve your goal. Identify immediate actions you can take to begin your progress.



Values Inventory

Sometimes feeling stuck in life can happen because we aren't living in line with what truly matters to us. **Understanding your core values can help you get unstuck and start living a life that feels more fulfilling.** To get started, set a timer for two minutes and review the list of values below. Put a checkmark next to the ones that resonate with you the most. The timer helps you trust your gut without overthinking.

Values List

- | | | |
|---------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Empathy | <input type="checkbox"/> Happiness |
| <input type="checkbox"/> Ambition | <input type="checkbox"/> Entertainment | <input type="checkbox"/> Health |
| <input type="checkbox"/> Animals | <input type="checkbox"/> Equality | <input type="checkbox"/> Honesty |
| <input type="checkbox"/> Art | <input type="checkbox"/> Excellence | <input type="checkbox"/> Humility |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Exercise | <input type="checkbox"/> Humour |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Faith | <input type="checkbox"/> Independence |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Family | <input type="checkbox"/> Kindness |
| <input type="checkbox"/> Bravery | <input type="checkbox"/> Financial stability | <input type="checkbox"/> Knowledge |
| <input type="checkbox"/> Calmness | <input type="checkbox"/> Friendships | <input type="checkbox"/> Leadership |
| <input type="checkbox"/> Career | <input type="checkbox"/> Fun | <input type="checkbox"/> Learning |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Generosity | <input type="checkbox"/> Love |
| <input type="checkbox"/> Connection | <input type="checkbox"/> Gratitude | <input type="checkbox"/> Loyalty |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Growth | <input type="checkbox"/> Mercy |



Values Inventory

Values List

- | | | |
|--|--|---|
| <input type="checkbox"/> Mindfulness | <input type="checkbox"/> Quality | <input type="checkbox"/> Sports |
| <input type="checkbox"/> Minimalism | <input type="checkbox"/> Reading | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Music | <input type="checkbox"/> Relationships | <input type="checkbox"/> Thoughtfulness |
| <input type="checkbox"/> Nature | <input type="checkbox"/> Resilience | <input type="checkbox"/> Travel |
| <input type="checkbox"/> Open mindedness | <input type="checkbox"/> Resourcefulness | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Order | <input type="checkbox"/> Respect | <input type="checkbox"/> Vulnerability |
| <input type="checkbox"/> Parenting | <input type="checkbox"/> Responsibility | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Passion | <input type="checkbox"/> Risk-taking | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Patience | <input type="checkbox"/> Safety | <input type="checkbox"/> Writing |
| <input type="checkbox"/> Perverserance | <input type="checkbox"/> Security | |
| <input type="checkbox"/> Pleasure | <input type="checkbox"/> Self-compassion | |
| <input type="checkbox"/> Politics | <input type="checkbox"/> Self-respect | |
| <input type="checkbox"/> Privacy | <input type="checkbox"/> Spirituality | |



Value Inventory

Next, rank your values in order of importance from most to least.

My Most Important Values

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____



Value Inventory

Core values are the ones that guide most of your decisions and actions. Look at the top 3-5 values you've ranked. Ask yourself, "Do these truly reflect what drives me?" Core values tend to influence big life choices and the way you approach challenges, relationships, and goals.

Think about how often you live according to these values. Are they present in your day-to-day decisions and actions? If a value is truly core, it will show up consistently in your choices, and when it's absent, you'll likely feel off-balance or unsatisfied.

My Core Values

Value

What actions can I take in line with this value?

Value

What actions can I take in line with this value?



Value Inventory

My Core Values

Value

What actions can I take in line with this value?

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.....

.....

Value

What actions can I take in line with this value?

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

