

WHY YOU'RE STILL STUCK

The Map They Never Gave You

Kim Simons · Maps for Your Journey



Why You're Still Stuck

The map they never gave you

You've stopped telling people your plans.

Too many false starts. Too many times you were sure this was it, until it wasn't. The self-trust is gone. Another year slips by and the thing you actually want to build is still unbuilt.

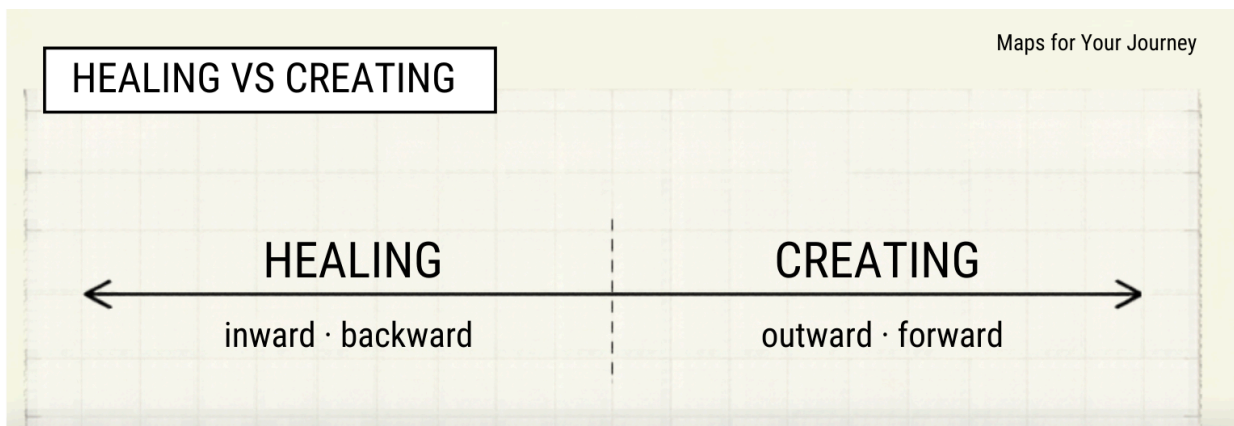
How is this possible? You're smart. You've done the work.

Therapy. Courses. Journaling. Breathwork. Somatic work. Every three-letter acronym the wellness world can throw at you — IFS, EFT, CBT, ACT, DBT — until you decided that four-letter words were more therapeutic.

But you're still not where you want to be.

I want to show you something nobody in the self-help world talks about.

Healing and creating are not the same process.



They don't just produce different results. They face different directions.

Healing moves toward a problem. Something hurts, something's stuck, something needs to be understood or released. The question healing asks is: *what happened?* The orientation is inward and often backward.

Creating moves toward something that doesn't exist yet. The question creating asks is: *what do I want?* The orientation is outward and forward.

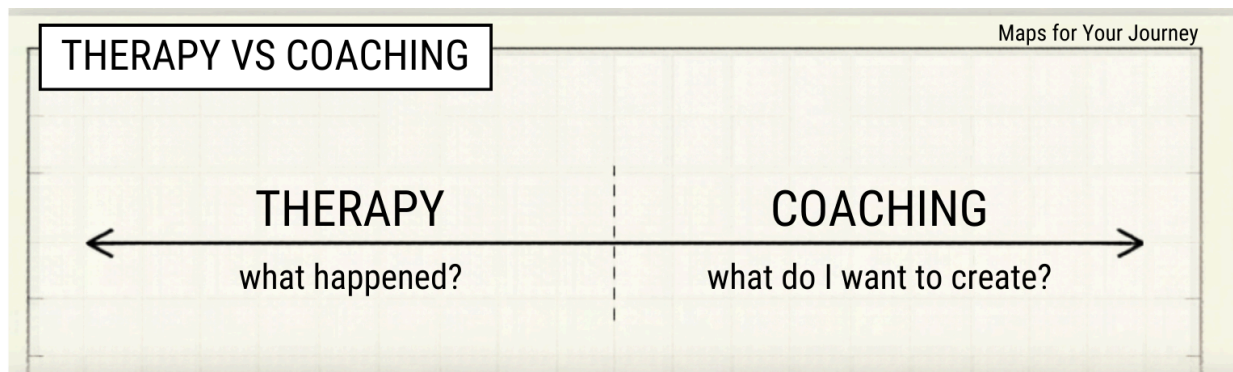
These are not two roads to the same place.

You can heal everything. Release every wound. Resolve every pattern.

And still not have created what you want.

Because healing does not automatically produce creating. Only creating produces creating.

You probably already know this. You just haven't named it



Here's a good example. Therapy and coaching look the same from the outside. You're sitting across from someone, talking about your life, working through things.

But they face different directions.

Therapy faces inward and backward. Toward what happened, what formed you, what needs to be processed and released.

Coaching faces outward and forward. Toward what you're building, where you're going, what you want to create.

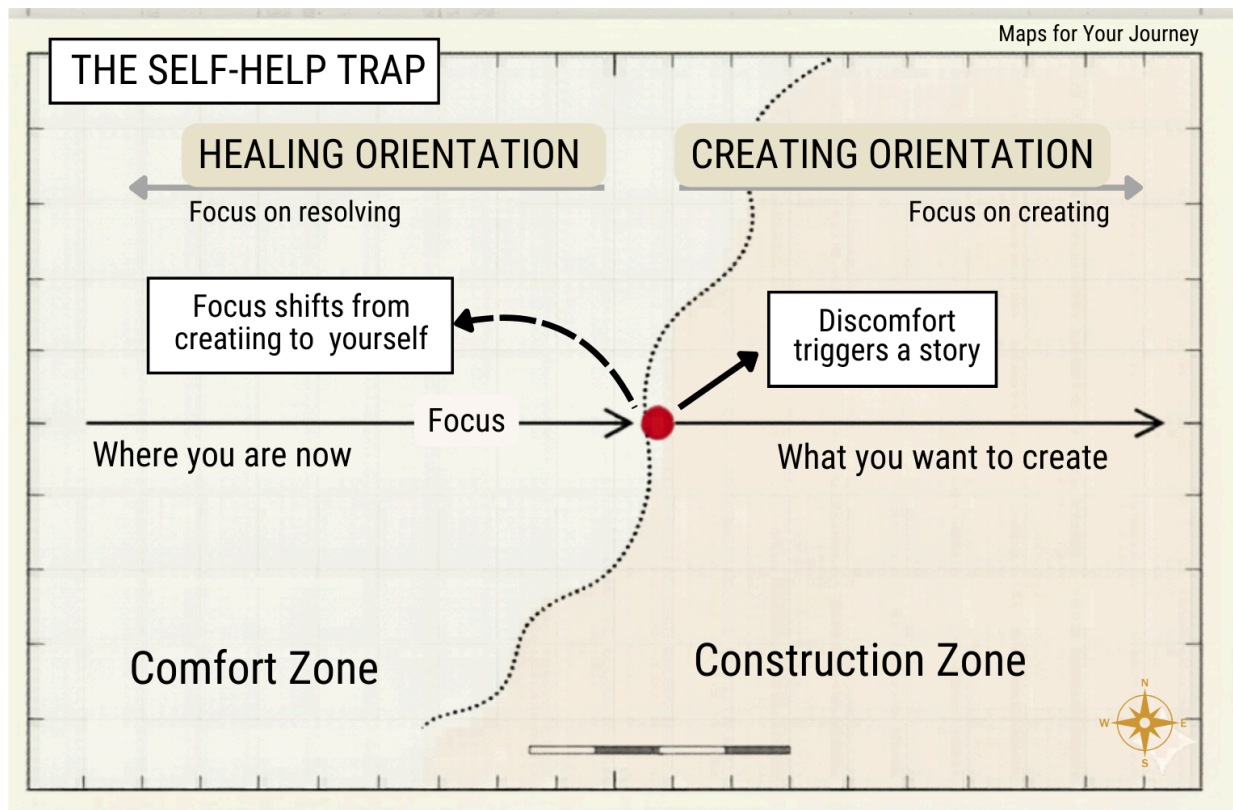
You can spend years doing one and wonder why it isn't producing the other.

It can't. They're different maps. And the best therapists know this — they'll tell you themselves. There's a point in the healing journey where the most important next step isn't more processing. It's turning around and starting to build.

Self-help, therapy, somatic work, these are all tools of the healing orientation. Powerful ones. The trap isn't the tools. It's using them when the moment calls for something else.

The Self-Help Trap

Here's what happens when you navigate by the wrong map.



You start moving toward something that actually matters to you. The work you were meant to do. The thing you keep coming back to after every detour. The contribution you can feel but haven't fully built. The version of your life that isn't just functional — but actually yours.

You leave the familiar. Discomfort arrives — and it will, because you've crossed into unknown territory. That's not a warning sign. That's just what leaving the known feels like.

Then discomfort triggers a story.

"There must be something wrong with me." "I need to work on my beliefs first." "I should probably heal this before I try to build that." "I must have a subconscious block." "Isn't this supposed to feel good?"

And here's the precise thing that happens: you take your focus off the thing you were creating and you put it on yourself. Your internal state. Your worthiness. Your readiness. Your wounds.

The belief industry has trained you to think this is the right move — that what you think about yourself, how comfortable you feel, what you believe about yourself, are the inputs to creating. Get yourself right first and the creation follows.

But when you study the lives of people who built remarkable things, a pattern appears. They were not shiny, perfectly healed humans. Many struggled with doubt, shame, insecurity — and still, the work got made. The constant wasn't how they felt about themselves. It was that they kept moving toward the thing they were making.

You do not need to like yourself to create. You don't need to feel ready. **You need to care more about what you're creating than about how you feel about yourself in the moment.**

The discomfort wasn't a signal to fix themselves. It was just the natural territory of building something that didn't exist yet.

A note on therapy.

Therapy is necessary. For many people it is the foundation that makes everything else possible. Good therapy builds real things: self-compassion, self-leadership, the ability to sit with discomfort.

But then you have to actually build something. And that's a different journey.

Even the most skilled therapist — working exactly as they should — is navigating by a map drawn for a different journey.

And with the wrong map, you keep preparing to create instead of creating.

At a certain point, the way out isn't more healing.

It's taking focus off yourself and turning it toward the thing you care enough about to do the hard, often uncomfortable work of making it exist in the world.

So let me ask you something.

What is that thing for you — the thing you care enough about to create?

And are you stuck because you are using a map that was never drawn for this journey?

Because there are maps for this. Different ones than you've been given. Maps for the actual territory of creating — the discomfort, the structure, the orientation that moves you toward the thing instead of away from it.

That's what we explore together.

If this lands with you, let's connect for a Mini Map Maker Session.

What You'll Get: A guided exploration of the maps from the *Healing vs. Creating Map Series*. This isn't a sales call — it's a real session where we go deeper into your patterns using the visual frameworks.

You'll leave with:

- Clarity on where you sit on the Healing ↔ Creating spectrum
- Your first look at how the Self-Help Trap shows up in your specific situation
- A personalized next step based on what we see together

Best for: You've seen the maps. Now you want to see *yourself* on them.

[Click here to book your call](#)

PS...put this map where you can see it.

A full-size version is included on the next page. Print it. Screenshot it. Put it somewhere you'll see it daily.

Here's why: this map was a subconscious structure running your life. Now it's not subconscious. Every time you see it, the pattern becomes a little more conscious. **A structure you can see loses its hold on you.**

You won't have to force anything. Just let it soak in. You'll start noticing when the loop kicks in — in real time instead of after the fact.

That noticing? That's structural sight. And you just started building it.

Here's to the journey,

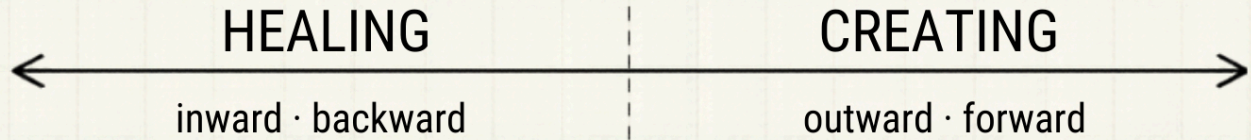
A handwritten signature in black ink that reads "Kim Simons" with a stylized flourish at the end.

Kim Simons
Maps for Your Journey & Co-pilot Coaching

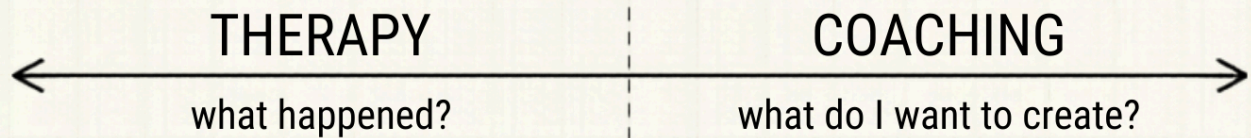
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