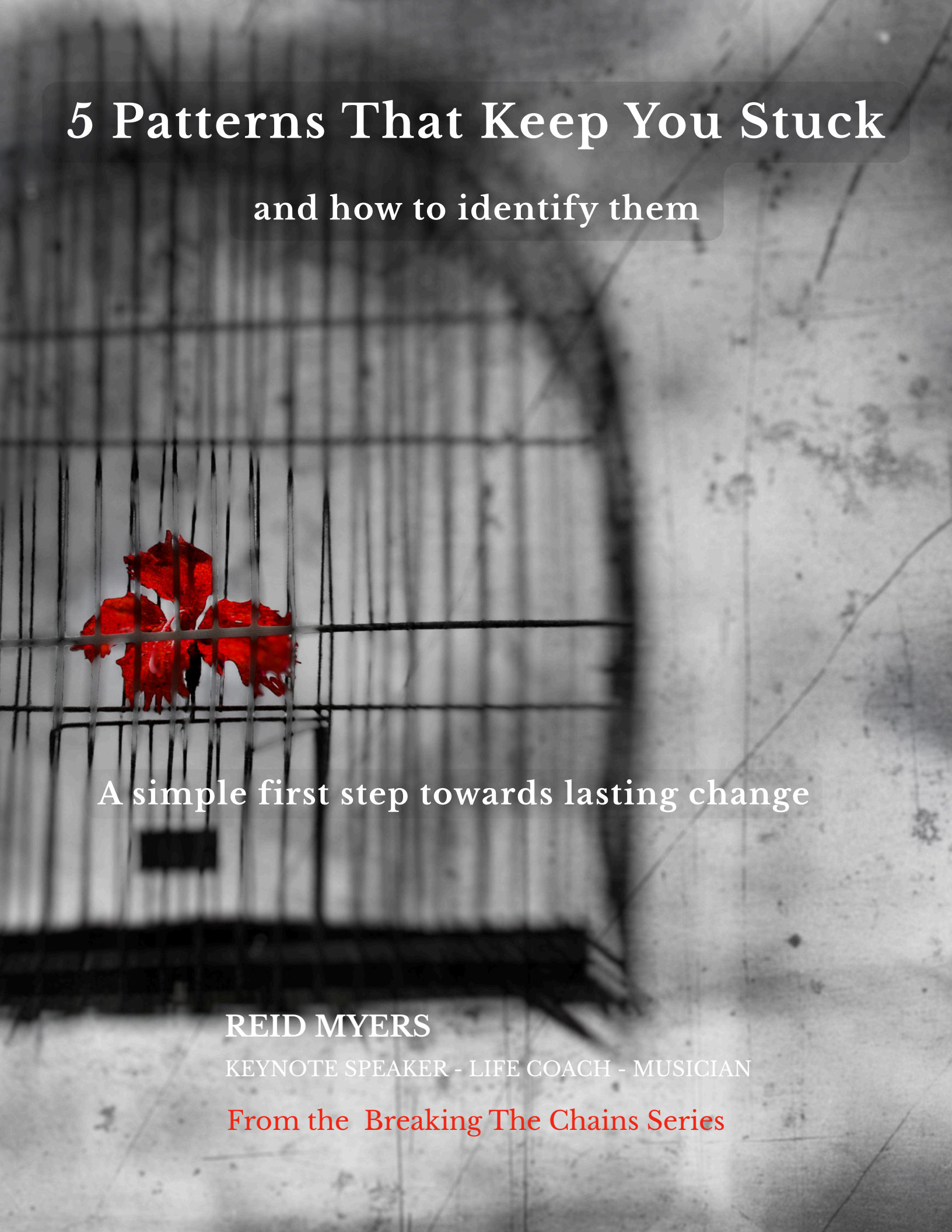


A red flower is caught in a wire mesh, symbolizing being stuck. The background is dark and textured.

5 Patterns That Keep You Stuck

and how to identify them

A simple first step towards lasting change

REID MYERS

KEYNOTE SPEAKER - LIFE COACH - MUSICIAN

From the **Breaking The Chains Series**

Introduction

Many people feel stuck.

Not always because of their circumstances...
but because of patterns.

Patterns of thinking.

Patterns of reacting.

Patterns of trying to control what cannot be controlled.

These patterns can quietly shape our lives.

They can feel like chains.

The good news is this:

Change is possible.

Not all at once.

Not perfectly.

But one step at a time.

The first step is awareness.

The 5 Patterns

1. Avoidance

We often avoid what we most need to face.

- Difficult conversations.
- Important decisions.
- Resentments.
- Honest reflection.

Reflection:

What are you avoiding right now?

In what ways have you been avoiding this?

(ignoring, making excuses, minimizing its importance, etc)

Have you tried to address this avoidance? In what way?

What happened?

2. Control

**We try to manage everything — people, outcomes, circumstances.
But the more we try to control, the more frustrated we become.**

Reflection:

What am I trying to control right now that may be beyond my control?

In what ways have you been controlling?

What have been the negative effects?

3. Fear

Fear often keeps us stuck.

Fear of failure.

Fear of rejection.

Fear of the unknown.

Reflection:

What are the fears that may be holding you back?

In what ways have these fears affected your actions?

What have been the negative effects?

4. Not Enough (Self Doubt)

We question our worth, our ability, or our future.

This can keep us from taking meaningful steps forward.

Reflection:

In what ways are you doubting yourself?

(Ability, talent, not worthy, not good enough...)

Where and how has this been holding you back?

In what ways have you tried to overcome this?

What have been the results?

How did that make you feel?

5.The Cycle (Staying Stuck)

These patterns don't exist on their own.

They work together.

And before you know it,

you're right back where you started.

Reflection:

Where do you see this cycle showing up in your life?

In what ways have you tried to break these cycles (if any)?

What would it look like if you could break these patterns?

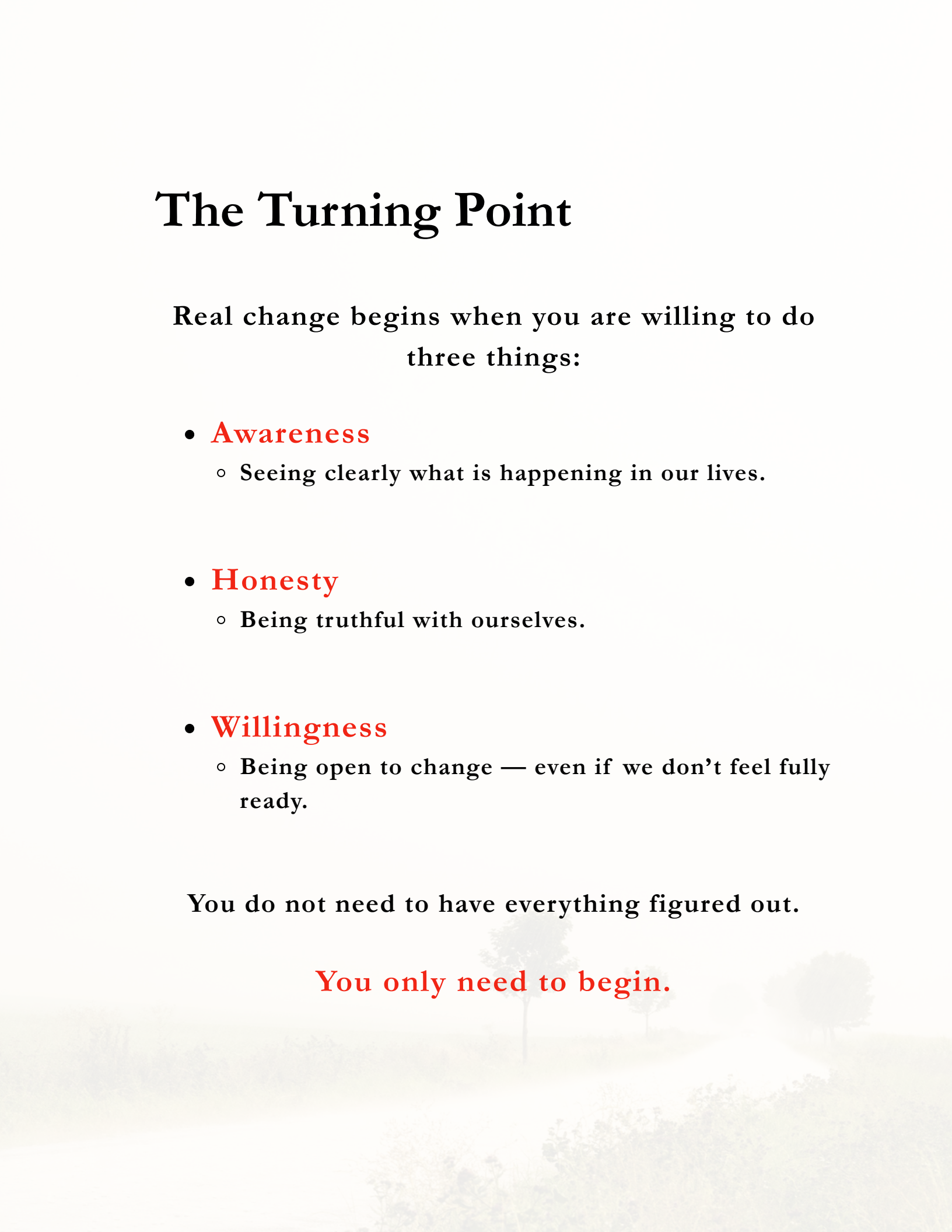
The Turning Point

Real change begins when you are willing to do
three things:

- **Awareness**
 - Seeing clearly what is happening in our lives.
- **Honesty**
 - Being truthful with ourselves.
- **Willingness**
 - Being open to change — even if we don't feel fully ready.

You do not need to have everything figured out.

You only need to begin.



Your next steps toward freedom

You've taken the first step: awareness.

You've begun to recognize the patterns shaping your life.

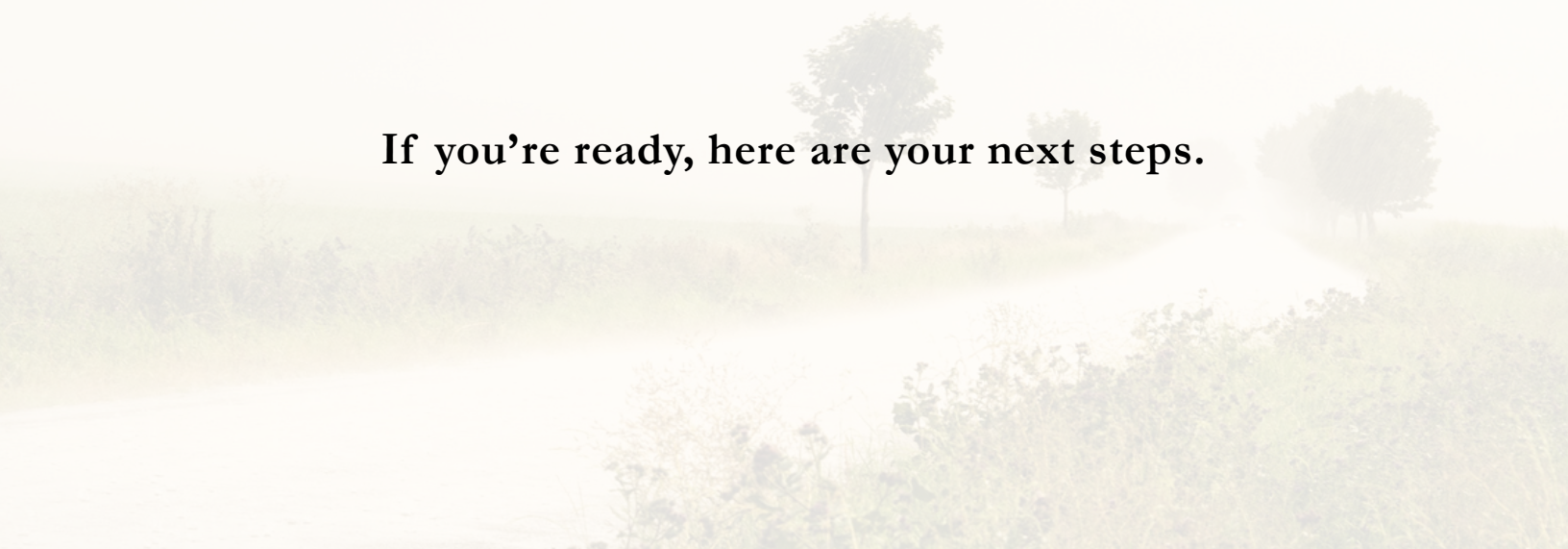
But awareness alone doesn't break the pattern—
it simply reveals it.

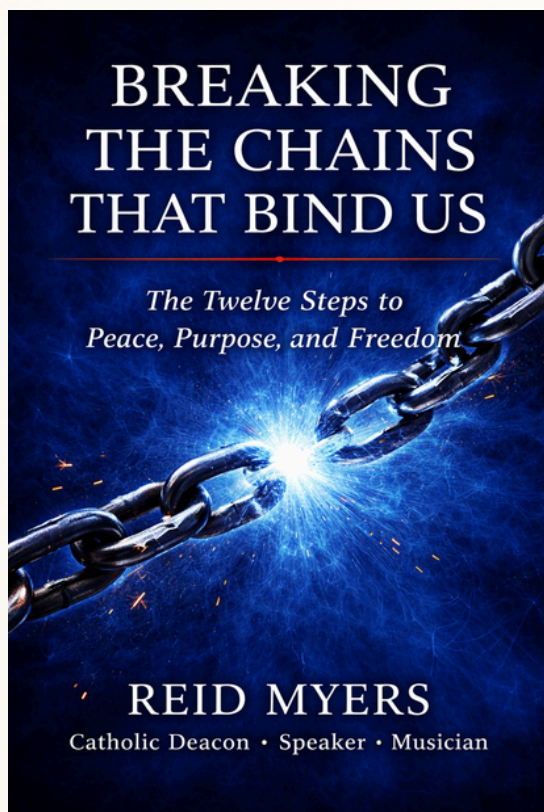
**If you could move beyond recognizing these patterns...
and actually begin breaking them—would you take that step?**

The truth is, lasting change doesn't happen by accident.

It happens with clarity, guidance, and a willingness to take the next step forward.

If you're ready, here are your next steps.

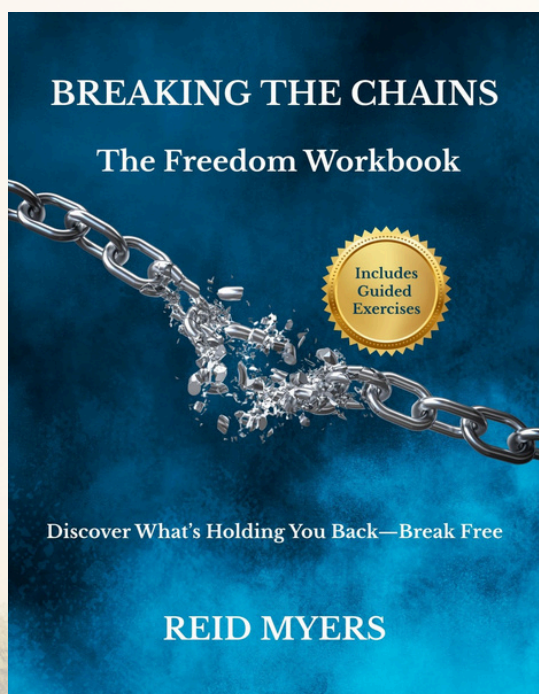




Go deeper: The Book

Inside, I walk through the full framework —twelve steps designed to help you understand where these patterns come from, why they persist, and how to begin moving beyond them.

[Get the Book on Amazon](#)



Put it into practice: The Workbook

Through guided exercises and reflection, you'll begin to:

- Identify your personal patterns more clearly
- Understand what's driving them
- Take intentional steps toward change

[Get the Workbook on Amazon](#)

If you're ready for real, lasting change... this is your next step.

Breaking the Patterns: Coaching



This is where we go beyond awareness—
and begin real transformation.

- A personalized plan tailored to your specific challenges
- Weekly accountability and follow-up
- Clear steps that break big goals into achievable progress
- Support, guidance, and encouragement rooted in experience and hope

This is a safe, judgment-free space where you can explore your challenges, gain clarity, and take practical steps toward lasting change—at your own pace.

It starts with a Free Discovery Session.

We'll talk about where you are, where you want to go,
and whether this is the right fit for you.

From there, you can choose the level of support that fits your needs and
your goals.

SCHEDULE YOUR FREE DISCOVERY SESSION

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However you choose to move forward—you're not alone.

- Personal Coaching
- Group Coaching
- Workshops
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