



When You are Stuck — Reach Out for Support



Sometimes it is best to not go it alone.

When faced with the necessity of change, moving forward requires both energy and a determination to stay on our intended path. It is not easy to move forward when thoughts about *what was* and *what isn't* persists in knocking us off center. Although learned young, walking required the mastery of one primary skill – *one step at a time*. Of course, we all took falls along the way, accumulating bumps and bruises packed with painful memories and tears. Some learned early to reach for support – a wall, a hand, even a knee. Yet, in the end, despite all the challenges, walking became second nature.



Some Learn Early to Reach for Support

What isn't second nature is holding true to our intended path. So many choices, upon so many actions contribute to a life in which we make less decisions as we fall prey to the mind's conditioning that predetermines our direction.

When the balance begins to shift and we are faced with the inevitability of change, when life's back-story bleeds heavily into the present, we must have the necessary tools and skills, along with the intention to take the next step to awaken to the possibility that is waiting for us. And, even with the best of intentions, the sharpest of tools, and the savviest of skills, there can remain an internal pulling — yearning to remain stuck.

Sometimes it is best to not *go it alone*. Our intention to change will inevitably evoke memories of past stumbles and falls. At times such as these, before mastery has taken root, one needs to remember to reach for the wall, the hand, or even the knee. Ask for help, look for support as you make your way – step by step. Allow your intended path to become second nature.

Ask for Help and Improve and Strengthen Performance

For some time, you have been aware of a manager who is underperforming or of a situation involving disruptive personality conflicts. You may have several initiatives in place to address what has now become a critical issue. And still you end up thinking, over analyzing, even talking about it - yet with little forward movement. The problem is consuming too much time, energy, and consideration, yet remains unresolved. You need to



maximize your people's talent and leverage their resources and it is time to recognize that help is required to achieve the desired results.

Asking for help is the sign that the change you are trying to make is imminent. It is the single most important element in change management. Yet often it is experienced as the most risky - What does it mean if you ask for assistance? Solving people problems is not easy is not to be taken for granted. Take a moment and calculate the efficiencies in your operation and calculate the savings if your people communicated more openly and in mutual support of what you are trying to accomplish.

Image courtesy of: [Mario Azzi @spce](#)

The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today's brilliance successfully transitions into tomorrow's wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.