

# Worksheet: *What's Blocking Me from Starting?*

## How to Identify Your Specific Initiation Blocks (Not All Avoidance Is the Same!)

Not all avoidance is the same.

When you understand *why* your brain is resisting, you can stop blaming yourself—and start choosing tools that actually help.

Avoidance can wear many masks: perfectionism, fear, boredom, overwhelm, low self-worth.

This section helps you unpack your unique initiation patterns so you can stop treating every task the same. When you understand *why* a task feels hard to start, you can choose a strategy that actually fits the moment—and finally stop fighting your own brain.

### Step 1: Choose a Task You're Avoiding



Write down a task (big or small) that you've been putting off:









**Avoided Task:**

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### Step 2: What's Making This Hard to Start?

Check all that apply—or add your own.

| Block Type   | Avoidance Clue                                       | Me?                      |
|--|--|--------------------------|
|  <b>Fear of Failure</b> | I'm scared I'll do it wrong / mess it up             | <input type="checkbox"/> |
|  <b>Perfectionism</b>   | It has to be <i>just right</i> or I won't even begin | <input type="checkbox"/> |

|   |  |                          |
|---|--|--------------------------|
|  <b>Overwhelm</b>              | The task feels too big / I don't know where to start | <input type="checkbox"/> |
|  <b>Boredom / Low Dopamine</b> | It's tedious / pointless / my brain says "ugh"       | <input type="checkbox"/> |
|  <b>Low Self-Worth</b>         | I feel like I don't deserve to succeed or finish     | <input type="checkbox"/> |
|  <b>Shame or Guilt</b>         | I've avoided this so long, now I feel bad about it   | <input type="checkbox"/> |
|  <b>Decision Fatigue</b>     | There are too many choices / paths / options         | <input type="checkbox"/> |
|  <b>Low Energy / Burnout</b> | I'm too tired to care, focus, or move                | <input type="checkbox"/> |
|  <b>Emotional Avoidance</b>  | This task reminds me of something hard or painful    | <input type="checkbox"/> |
|  <b>Other</b>                | <hr/> <hr/> <hr/>                                    | <input type="checkbox"/> |

*Additional Notes or Feelings I Want to Name:*

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### Step 3: What Would This Task Need to Feel More Doable?

Complete these prompts to brainstorm *supports*, not pressure.

- If I shrunk this task down, the *first micro-step* could be:

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If I made it easier on my senses or emotions, I'd...

- 
- I might feel safer starting if I reminded myself:

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- This task is hard because \_\_\_\_\_, not because I'm \_\_\_\_\_.

### Step 4: Strategy Match

Here are a few supportive actions to try, based on your primary block(s):

| Block           | Gentle Activation Option                    |
|-----------------|---|
| Fear of Failure | Try the 80% rule → <i>done &gt; perfect</i> |

|                            |   |
|----------------------------|---|
| <b>Perfectionism</b>       | Start messy on purpose (low-stakes version)                                     |
| <b>Overwhelm</b>           | Use a “Start-Only” checklist or mind map  |
| <b>Low Dopamine</b>        | Add novelty, music, movement, or reward   |
| <b>Low Self-Worth</b>      | Use a self-permission script: <i>“I’m allowed to do this—even imperfectly.”</i> |
| <b>Shame</b>               | Write a compassionate reset note: <i>“Hi, I’m circling back...”</i>             |
| <b>Decision Fatigue</b>    | Flip a coin / roll a die / ask someone to choose                                |
| <b>Burnout</b>             | Rest first. Then try a sensory-based micro-start                                |
| <b>Emotional Avoidance</b> | Do it with someone nearby or in a co-reg space                                  |

## Closing Prompt

Something I’m learning about how I avoid and how I *begin again*:

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