

# Overcoming Mental Blocks

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# What Stops us?

- **Every one of us wishes to live a happy, fruitful life of value and meaning.**
- **We know what to do but postpone that action or do not do it at all.**
- **Is it because of a Mental Block? Understanding the term**
- **How to be aware/ identify whether I have a mental block?**
- **Actions to overcome.**

# What/ Indications of our blind spots?

*A **mental block** ( may not be aware) is an uncontrollable suppression or repression of painful or unwanted thought/s /memory/ies. It can also be an inability to continue or complete a train of thought or inability to focus or inability to complete or close out the work.*

**Indications:** a. Procrastination has become a habit

b. Inability to concentrate ; c. Mental fatigue and frustration;

d. Recurring questions/ negative thoughts – I always do this, why did I ever accept this responsibility..

e. Selective forgetfulness even at times of important aspects;

f. Recurring limiting behavior - angry

g. Taking rigid position – I am right; h. Overthinking and spending too much time than it deserves; i. Too many jobs undone at times just before completion abandoned- increasing over time; ....

# Why we postpone?

*Procrastination is the exercising of the choice not to do something now and pushing it to the backburner.*

1. Deep down we do not believe that we are competent and wonderful. [conditioning by teachers, family...] – totally untrue- we are perfect
2. We are hooked to distraction/ entertainment- no allocated time
3. Needed to do something which we do not enjoy/ is think unimportant.
4. We are stubborn and adamant and do not change or resist change.
5. We are afraid to be evaluated or reviewed. Do not want to be found short, ridiculed ..
6. We are not sure what people will think about our work.
7. Avoid additional responsibility .....

# Actions if fed up- want change badly

1. Start with letting go/ getting rid of the excess baggage: 3 “As” – Awareness of story-genesis, See from abundance; Action possible.
2. Old Failures- use 3 As. All achievers were
3. Move out of comfort zone
4. Questioning the stereotypes and conditioning of the social media and past..
5. Replacing the limiting belief with empowering thoughts with conviction (the support from a trusted friend/ family members or coach)
6. Solution to be granular and specific with time and quantity and a structure.
7. Taking small steps and pluck the low hanging fruits
8. Many others....

# Other Supporting Actions

- i. written deliberate gratitude to the universe for the blessing being enjoyed;
- ii. written deliberate gratitude to all those around. If possible sharing that with them - experience indicates this can break barriers and get all of them rooting for you;
- iii. your understanding the immense potential you have to be your better self;
- iv. journaling the victories
- v. journaling the failures; in case of adverse results- learn and go ahead with alternatives (maybe a need to think out of the box);
- vi. visualisation of the wonderful result at the end or in between;
- vii. written visible affirmation at strategic places to reinforce the result;
- viii. avoiding the naysayer/ negative people- preferring the ones who are positive.
- ix. schedule reasonably and if missed- relook and reschedule- do not drop at any cost

**THANK YOU**  
**FOR YOUR GENEROUS LISTENING.**  
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*Act Now – Empower self*

