

# **Breaking Through When Feeling Stuck**

- The Workbook -

**David Nelmes**





# **Breaking Through When Feeling Stuck**

- *The Workbook* -

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*When you find yourself stuck in a situation where you feel as though the same unhelpful cycles repeat over and over again; and you can't seem to put your finger on what is wrong or how to even start to get unstuck... you need a real solution to break through and help prevent it from happening again. You need a real solution from somebody who went through the same thing and found a way to break through. That's why I wrote this book.*

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**David Nelmes**

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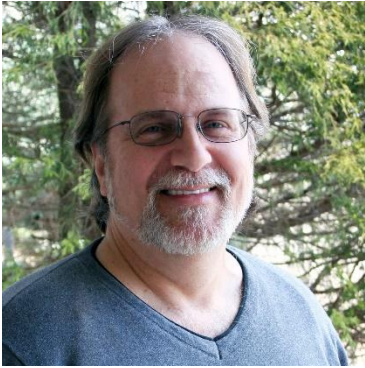
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# How to Use This Workbook



Hello,

I am David Nelmes, the author of “**Breaking Through When Feeling Stuck ... And Not Getting Stuck Again**”.

While writing the book, it had become clear that a workbook would be a very helpful companion to the book by providing an easy to use interface for performing its associated exercises.

This workbook includes worksheets and reminders that provide an easy way to perform the exercises outlined in the book. These exercises will help you break through whatever has you feeling stuck. Regardless of the depth of your spiritual blocks, the **Breaking Through** process is a real solution that will provide a path for your healing and help prevent it from happening again.

This workbook is provided without charge, but the primary book, “**Breaking Through When Feeling Stuck ... And Not Getting Stuck Again**” must be purchased directly or obtained through a workshop event. It is available on Amazon in both paperback and Kindle versions. More details are provided on my site at: <http://www.DeepHealingLight.com> .

Click to see the [Amazon Kindle version](#) or copy-n-paste this link: <https://amzn.to/2UgPUPk>

Click to see the [Amazon Paperback version](#) or copy-n-paste this link: <https://amzn.to/2WtB9pM>

**Print This Workbook Now.** You need a printed version of this workbook so that you can write your lists and post your papers for easy viewing during and after the exercises. When printing, do not use a print option for two-sided copies because that may make it more difficult to work with making your lists and viewing them later.

This workbook can also be used as a quick place to refer to when looking at working on other areas of your life where you find something is stuck and you want to resolve that as well. Simply print a copy of this workbook and perform the exercises for any additional blocks or major issues of feeling stuck and refer back to the book as needed.

## I Am Here to Help You Through This

It is the intention of the book and this associated workbook that you can open yourself for healing and release many of the blocks hindering your spiritual and personal growth. To make sure that NOTHING stands in your way to see this all the way through, the following Live Video Conference services are provided to help you with any step along the way.

- ✓ **Identifying Your Sources** - 30-minute live video conference
- ✓ **Setting New Intentions & Releasing Old Choices** - 30-minute live video conference
- ✓ **Connecting with Your Higher Self** - 30-minute live video conference
- ✓ **Establishing New Choices** - 30-minute live video conference

Go to <http://www.DeepHealingLight.com/healing-services/sessions/breaking-through.php> for specific details and associated fees.

You might also find additional information in my Blog at <http://www.deephealinglight.com/healing-messages-blog/> . A category entitled "*Breaking Through*" was created specifically for placing information and updates about the book and to allow you to leave comments. I highly recommend you visit the blog at some point and return there from time to time to see if new ideas or suggestions are provided.

Peace and blessings, forward and backward,

David

# Step 1

Start with these two steps Take your time and allow yourself a moment to absorb them.

**Relax**

**Remember you are not a victim**

After you have settled your mind and feel relaxed, move onto the next step:

## Discovering the Real Sources of Being Stuck

Ask yourself:

**What are the choices I made that got me here?**

Then make a bulleted list of the choices you see that you have made.

Use the following pages to document what you find.

The Choices That Got Me Here Are:

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**#2**

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**#3**

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**#14**

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**#15**

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# Step 2

## Creating a New Path for Future Choices

Associate three new intentions when making future choices:

- ✓ **Set a direction**
- ✓ **Embrace patience**
- ✓ **Never give up**

Take a look at your list of choices that got you here and see which of these new intentions would help you make better choices in the future. After each of the intentions, write down the number of the item on your list that you may have reacted to differently if you had applied the intention.

Practice the removal process of these old patterns at least three times over a period of three days by using this format:

My choice of “– *insert list item here* --”, I hand over to spirit to correct. I would rather (set a direction), (embrace patience) and (never give up) instead.

Then remove any unhelpful connections by saying:

*“For, any unhelpful cord, connection or past agreement associated with these choices I am releasing, I extend gratitude for what I may have learned from them, but I no longer want this experience. I release these connections back to Source.”*

Then finalize this release by acknowledging that it is real by saying:

*“Thank-you, and so it is.”*

To firmly set this in place within your being, you will repeat the removal process two more times, at least one day apart from each other, for a total of three times Check off below when completed.

Day #1  Day #2  Day #3

# Step 3

## Seeking Direct Guidance

Ask for guidance in seeing how the new thinking patterns will help you.

Every one of us has the capacity to connect with their guides to some degree. I suggest you take a few moments and try receiving some input from your higher self.

If you don't sense any words, thoughts or images that appear to apply, I would suggest you first work on better quieting your mind and trying again.

If you do get messages and advice, be sure to read them again several times over the course of several days. Check off below when completed.

Day #1  Day #2  Day #3

Use the space provided here to document the messages you receive or to just write down what you feel would be good advice to follow.

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# Step 4

## Setting Things in Stone

For each of your choices that got you here, create statements to convey the thought of your new direction. Each statement should start with the action statement, *"I will to ..."*, and then conclude with the action reminder, *"I will take a moment to see myself doing this."* (close your eyes and visualize this now) For example:

#? - I will to see who I really am and accept that for myself. It doesn't matter if somebodies image of me is mistaken, because I will project the truest image of myself and it will be there to see when they are ready. I will take a moment to see myself doing this. (close your eyes and visualize this now)

You will want to refer to this list at least once a day for several weeks. Just set 5 minutes aside each day and extend the intention of releasing unhelpful habits and embracing helpful new habits. Place it where you can easily see it so that you are more likely to remember to read it. This is not a chore; it is a time release capsule that you are slowly digesting. Check off below when completed.

Week #1  Week #2  Week #3  Date Started:    /    /    Date Finished:    /    /

#1 – I will to
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I will take a moment to see myself doing this. (close your eyes and visualize this now)

#2 – I will to

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I will take a moment to see myself doing this. *(close your eyes and visualize this now)*

#3 – I will to

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I will take a moment to see myself doing this. *(close your eyes and visualize this now)*

#4 – I will to

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I will take a moment to see myself doing this. *(close your eyes and visualize this now)*

#5 – I will to

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I will take a moment to see myself doing this. *(close your eyes and visualize this now)*

#6 – I will to

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I will take a moment to see myself doing this. *(close your eyes and visualize this now)*

#7 – I will to

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I will take a moment to see myself doing this. *(close your eyes and visualize this now)*



#8 – I will to

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I will take a moment to see myself doing this. *(close your eyes and visualize this now)*

#9 – I will to

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I will take a moment to see myself doing this. *(close your eyes and visualize this now)*

#10 – I will to

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I will take a moment to see myself doing this. *(close your eyes and visualize this now)*

#11 – I will to

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I will take a moment to see myself doing this. *(close your eyes and visualize this now)*

#12 – I will to

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I will take a moment to see myself doing this. *(close your eyes and visualize this now)*

#13 – I will to

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I will take a moment to see myself doing this. *(close your eyes and visualize this now)*

#14 – I will to

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I will take a moment to see myself doing this. *(close your eyes and visualize this now)*

#15 – I will to

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I will take a moment to see myself doing this. *(close your eyes and visualize this now)*

#16 – I will to

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I will take a moment to see myself doing this. *(close your eyes and visualize this now)*

# Step 5

The next page is intended solely for you to place on display, so print it and place it anywhere and everywhere to act as a reminder of how you are determined to make your choices.

**I Intend to:**

- ✓ **Set a direction**
- ✓ **Embrace patience**
- ✓ **Never give up**

**Initially with some things,  
then gradually with many things,  
and maybe someday...**

**with all things**



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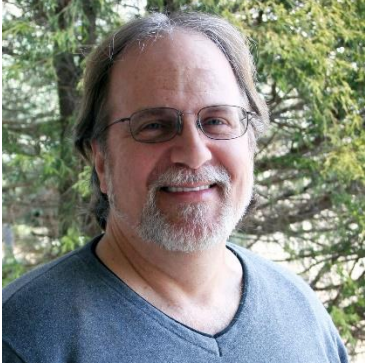
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# About The Author



## David Nelmes is a Reiki Master Practitioner, Author and Teacher

David has a genuine and powerful sense of healing, teaching and writing. His desire to share his knowledge about spirit and energy work has manifested itself through writing books and articles, and developing courses and workshops. In addition, his energy healing services are a testimony to the quality and power of what he has to share, with so much more yet to come. Here are a few words David would like to share with you.

*"I am here only to be truly helpful."* This is a phrase from *A Course in Miracles* that I have strived to live by. Whenever I have felt I lost my way or wonder why I am here; what my purpose is; I remember this: *"I am here only to be truly helpful."*

I am a healer, writer, and teacher, and my happy goal is to share what I have learned and continue to learn. Many masters who have gone before us have great lessons and achievements, and I have learned that we partake and benefit directly from those experiences, even if they were not our own. I absorb and channel what I can from them and I share this with you through writing, healing and teaching.

I encourage you to make use of my courses and sessions, read my books, and articles and absorb what I share. As with me, everything you learn from another, compresses time and shortens our journey back home to source, and that's the whole point or purpose of our existence, to discover our way back to Source.

Peace and blessings, forward and backward.

Find more of David's articles and blog at:

<http://www.DeepHealingLight.com>