

WHY PEOPLE ARE STUCK BEING IN PAIN



Focus On Healing Wellness Center

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This eBook is dedicated to the seekers who are ready to take back control of their life from pain and suffering to live a healthy productive pain-free life.

For all who read this information and find solutions to help you break the chains of pain that have held you in bondage, I support and applaud your SUCCESS.

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What is the difference between those who succeed and those who fail?

As any person will honestly admit, pain happens, and we've all had our fair share of it. But from each pain experience, we learn two equally valuable lessons. One, that there is a reason we are in pain and two, that we can relieve and, in most cases, eliminate the pain.

Another way to ask this question is why do some people successfully relieve chronic pain while others fail? Could it be because people who successfully relieve their pain are committed to overcoming barriers that other people have difficulty doing and the end result, guarantees a failure to be stuck in pain?

When you think of people failing in being pain-free is it because they lack connections or have a lack of intelligence? Do people in consistent pain just fail in being pain-free because they are simply weak, pathetic, and lazy in their lives?

Regardless of the many reasons on ***Why People Are Stuck Being In Pain*** it can be narrowed down to this if you're not achieving your desire to be pain-free it's time to do something about. Become a pain-free success story. The bottom line is it's always because of something you either can't or won't do.

When you can't do something it's either because:

- **You don't know what to do.** To solve this problem, find someone who has achieved something similar or identical to what you want to achieve and follow the steps they did.
- **You lack the basic skills to do it.** To solve this problem requires getting more education. The fact that we live in a world of almost unlimited information, obtaining needed training is so easy. Go and learn the basics and then put it into practice.

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If you won't do something, it's either because:

- **You've got other priorities.** Perhaps your personal life is more demanding of your time or you're juggling too many balls in your personal and professional life. If so, you need to stop, regroup, and reassess your life related to finding the time and energy you needed for "SELF".
- **You don't really want to be successful.** This is the most common reason people fail because they simply don't want to succeed badly enough. They won't find somebody to ask, they won't learn the basic skills, and they won't commit time and energy to take action.

Knowing the can't and don't concept, you can do anything, but you can't do everything. The human spirit is capable of overcoming limitations and achieving goals far greater than you can possibly imagine.

Whether you fulfill your potential is entirely up to you. The power is in your hands. Decide you will succeed. That removes your won't. All that's left then is your can't. And fixing that is easy because **the word can't is no longer in your vocabulary.**

If you find yourself up against the same problems and issues that are causes for the failure in your life, it's time to make some changes. There is a saying ***"if you keep doing the same thing over again you will continue to get the same result"***.

It is important to know that there is no single path to success. But there are clear failure habits that almost guarantee failure.

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BUT RECOGNIZING THEM IS NOT IMPORTANT. THE QUESTION IS THIS...

If you have not yet succeeded in your life pursuits, are you ready to look at yourself? Will you acknowledge that you possess one or more of these failure-inducing faults?

A deep self-examination can be a difficult and painful thing to do. You may not like what you see. If you are not prepared to do that, then you do, in fact, fit one of the profiles in this eBook.

Either way, you take the first step towards success... or you stop pretending you want to be a success chase and work on becoming happy living the life you have.

It is a documented fact that most successful people have failed but they chose to quickly eliminate the failure patterns blocking their success.

So, how do you succeed? The best answer is... **Acknowledge and Eliminate failure.**

Let's look of some the many reasons people are stuck in being a failure:

Not Knowing What They Want

The number one reason why people are unsuccessful or unhappy is because they do not know what they want out of life. You see, life is a like a blank piece of paper. It is up to the individual to do what they want with the paper, write, draw, or paint on it. The choice is theirs to do what they want. If a person does not choose to write, draw, or paint on the paper, they can be certain that someone else will tell them what to do with paper.

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When going into any situation, whether it is as simple as a phone call, or as complex as an entire lifetime, knowing what you want is essential to getting what you want. It is the destination which we must have in mind clearly prior to starting any journey.

Not Doing What They Know

Knowledge and action are worlds apart. Just because you know that you need to eat healthy and exercise regularly in order to attain vibrant health does not mean that you will do it.

The only reason why people do what they know is because of an intense desire to gain what they are after. If there is a strong emotional need to become healthier, richer, happier, or whatever else, there is nothing in the world which can stop a person's will to achieve these ideals.

Not Associating With The Right People

It's a fact you will eventually become who your friends are. Either they will become like you, or you like them. It is plain, yet profoundly true. It is also a fact that your earnings will be within 20% or so of the average earnings of your five closest friends. Don't believe me? Do the rough math in your own head for your own situation and you are certainly in for a shocker.

The people who you surround yourself with immensely affect how you think. We borrow not only their thoughts and ideologies, but also their manners and habits. Associate yourself with positive, successful, and achieving people and you are certain to become one as well.

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Not Learning and Educating Further

This is a fitting quote *“No one limits your growth but you. If you want to earn more, learn more.”* Further educating yourself in the areas which you deem important and worthwhile is an absolute necessity to just earning more but also advancing your life further as a whole.

Want to learn more? Read a book, enroll in an online training program, or attend a workshop. There is also a tremendous amount of free information available of the Internet on any subject you can think of. Use this information to learn more and constantly grow yourself.

Doing What Everyone Else Is Doing

If you do what everyone else is doing, you are going to have what everyone else has. This may not be a bad thing, however if you are not wanting to settle for what everyone else has, then be ready to take action differently. Most adults go out and get a college degree, or not even that, they work different jobs for 30-40 years, and are dependent upon the government or others to take care of them in their later years.

If you do not want that for yourself or your children, you have got to get away from the weekly paycheck trap. Known as a **Just Over Broke** mindset. It is a total hamster wheel. You may be working extremely hard and constantly busy, but you will not be going anywhere. To change this begin thinking about creating your own business.

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Not Taking Enough Risks

Simply put, the bigger the risk the bigger the reward. If you are willing to put yourself out there and be vulnerable, you will have so much more to gain than those who choose to blanket their lives with “security.” There is no security in “failure”.

The truth is that real growth occurs when you get and stay out of your normal comfort zone. You only gain the most when you push yourself to do things you are uncomfortable doing under normal circumstances.

Giving Up

Unfortunately, most people have been accustomed to giving up as being okay. If you are running a marathon and your foot starts hurting, society teaches us that it is okay to stop and pull out because your foot was hurting. The question to ask yourself is how can you ever win a race if you don't finish it?

In reality, the last 20% of your effort typically gives you 80% of your results. You must keep going until you have accomplished whatever you set out to do. If you can only learn to get out of your own way and just keep going, there is nothing that will be able to stop you.

These are a of the biggest challenges which stop people from living the life of their dreams and experience the beauty of all that life has to offer. When you learn to overcome these challenges, and constantly push yourself to become unstuck from failure the rewards are beyond your wildest imagination.

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DOES BEING WEAK, PATHETIC OR LAZY CAUSE YOU TO BE STUCK IN FAILURE

Is your failure because you see yourself as being weak, pathetic, or lazy? You need to understand what this means so you can change it right now. The most important thing in your life should be **YOU**.

- **Weak:** You just barely do enough to get by and don't really do more than what is required or asked of you in whatever has to be done.
- **Pathetic:** You like to play the victim role, "Oh...woe is me. My life is garbage. Look at all the list of things that have happened to me and how bad my world is..."
- **Lazy:** You refuse to take responsibility for your actions and life situations. It is easy to blame someone else so you will not be required to do anything

If you want to move your life from failure to success it begins with YOU and only YOU. To make this happen begins when you can See, Feel, Act and Believe you are a success. Easy to say yet hard to do, why?

To moving from failure to success requires an action plan. This is totally new to most people because it requires taking some action steps. The action steps require two things "to be" and "to do" steps. In other words, who do you want to be or what do you want to achieve? Each action step is broken down into four life categories: wealth, health, relationships, and self-fulfillment.

Most people focus on only two action steps wealth (money) and relationship (family/friends). However, achievement involves all four areas, and success means finding balance in all four areas. In order to move from failure to success, you need both "being" and "doing" action steps in each of the four areas. Before you

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can create an action plan for success, you need to be aware of the challenges you will face and how to deal with them.

Fear of success and/or failure.

Some people are afraid they will fail or even worse, that they may actually succeed. As such, they don't even bother trying to attain a goal. Such people lack belief in themselves and in their potential. In their mind, if they fail, everyone will think negatively of them. And if they succeed, people will be envious and think negatively of them. So, it becomes a lose-lose situation no matter how they look at it. But realize that you can achieve anything you set your mind to. Believe in yourself and your abilities and others will, too.

Lack of understanding about the priority-setting process.

Many people mistakenly believe that priority setting simply means writing it on paper, setting a date for completion, marking off checkpoints as they occur and then starting all over again. Such a mentality hinders people from success because a goal isn't a one-time thing that you eventually scratch off a list. Setting a priority is really about changing yourself for the long-term. Priorities aren't short-term, quick-fix things; they are fixed and immovable destinations that show the world what is important and valuable to you that you want to achieve.

Lack of commitment to your priorities.

Even though people state they want to do a certain priority, in truth, they're really not committed to it. Because of this lack of commitment, they don't give achieving the priority their full effort. And as with anything in life, if you don't give it your all, you receive mediocre results. Commitment is crucial for attaining any priority.

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Inactivity.

After setting a priority, some people stop. They never actually take that first step needed to progress toward their priority. But realize if you don't get started, you can't go anywhere. Without action, nothing happens. So, if you've decided on a priority and now wonder why none of your priorities are happening, ask yourself what action steps you've taken to achieve your priority. If you haven't taken any action, now is the time to start.

Analysis paralysis.

Many people let questions and doubts paralyze them. They believe they can't do their priority until they have all the answers to every "what if" scenario. However, no matter how long and hard you prepare, you will never have all the answers to the questions you ask. Additionally, most people make their decisions and/or answer their questions based on where they are **right now**, rather than on where they want to go or who they want to become. Always base your decisions and answer your questions with a view to the future, not a view to current situations. Your situation will change because of the decisions you make today and will dictate the success of your journey. So, move forward toward actually doing your defined priorities with a knowing that you'll never have all the answers.

Lack of a real destination.

People often begin setting priorities without a solid destination on what they actually want to do or what they ultimately want to achieve. But if you don't have a destination in mind, then you'll never know which road to take to get where you want to go. Your destination needs to be clear – something you can visualize and see it happening. Without such a clear view of what you want in life, you'll be forever stuck being a pain victim and failing to move past pain controlling your life instead of you controlling pain.

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Failing to plan.

A priority is a personal action you plan and want to do. While many people understand they need to set priorities, they don't have a clue on how to get started. In other words, they neglect the gifts they possess which can help them attain their desired priority, as well as the people they know who may be able to help them. We all bring so many unique talents and attributes to the table, and we know a multitude of people who can help us in some way. Be mindful of these advantages during your priority planning process and use the resources you have available to you.

Having too many priorities.

Some people have too many priorities and not enough focus. It's like they're standing in front of a dart board with three targets in mind. Hitting just one target is difficult enough; hitting three targets simultaneously with one dart is impossible. Therefore, determine the one priority you are focused on and move forward with that one priority only. Eliminate other priorities that are secondary. This is not to say that you should never have more than one priority. Rather, you need to realize that you have only so much time and energy. Therefore, choose the priority that will give you the highest ROE (return on effort) and focus on that one priority first. Once complete, you can then focus on other priorities that are also important to you.

Feeling unworthy of the end result.

Some people really don't believe they're worthy of attaining the goal. As such, they self-sabotage themselves. Perhaps they suddenly walk away from the key contact who will help them with their goal, or they neglect to do a critical activity that will enable them to achieve their goal. People who feel unworthy usually lack self-confidence, and confidence is the keystone to goal attainment.

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Lack of motivation to change.

Finally, many people are simply satisfied with what they have and where they are in life. As such, they don't explore what else is available or what greater things they could achieve. Research tells us that there are only two motivating factors that cause people to change: pain and pleasure. And even if someone is feeling pain in a situation, that pain may not be great enough, or he or she is simultaneously receiving ample pleasure, so the person doesn't strive for more. Change and setting priorities only happen when you're ready to break the chains of pain bondage and genuinely want to experience living a pain-free life.

Now that you have a resource to help you become unstuck in being in pain let's review what you can do right now.

- First always remember your key to growth and change is pushing yourself to your highest regardless of anything you may face along the path.
- Human beings always take the path of least resistance. If it's easier, we do it that way. Why do something hard when you can take the easy route? Take this path you will always be stuck in failure and failing to grow. Personal and professional success requires growth...any growth requires you to STRETCH.
- You have got to **STOP** being LAZY and **START** making yourself go past your current limitations. You will be in the same exact place year after year, being FAR WORSE OFF each and every day sinking in the cesspool of accepting chronic pain, because you choose to be a lazy filthy failure living in daily pain.

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- Know that the **PAIN** of growing is not nearly as bad as the excruciating pain of being a failure. When you fail to not take action for whatever reason, your life will be a wasted reality.

Whatever your pain relief desires are begin today by giving it life. Take action the choice is yours. This is about "**You**" making a difference in world by taking back control of life from consistent chronic pain. It's about you choosing to be a **VICTOR** and not a **VICTIM**.

Ready to take back control of your life from being in chronic pain.....

To learn how you can be pain-free without taking opioid addictive pain medication.... [Click Here](#)

Always remember, whatever you want to do about relieving pain, we at [FOH](#) are here to help you