

**In this folder we are asking the individual to look into the way he has led his life and discover if he is “stuck” or “rooted.”**

## **Pointers for Folder 19**

In this folder we are asking ourselves to look deep into our behaviors and see how we are feeling about ourselves and how we lead our lives.

This is not an easy thing to do because we don't like to face the reality of our situations.

We ask ourselves basic questions about being “stuck” like:

1. I don't like myself, or,
2. No one loves me, or
3. I have an addiction.

We then ask to compare these feelings to being “rooted” like:

1. I'm happy with myself, or
2. I'm peaceful, or
3. I'm free of addictions.

Once we discover where we are, stuck or rooted, we can start to really look at ways to help ourselves.

Perhaps we, as facilitators, need make sure that we create an atmosphere where the men take a little inventory of their own lives and compare this mental list to what they may like their lives to be.

Are these goals realistic? For example, a man without an education will have a hard time becoming an engineer without first getting a high school degree. This needs to be factored into their thinking about what they want to be.

We conclude the folder by suggesting that one needs to organize the problems in our lives before we look for solutions.

It's important to remember, that sometimes an individual may decide to stay where he's at, stuck in the mediocrity of his life, using it as an excuse not to better himself—as an easy way out.

Again, we don't have to do this alone.

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