

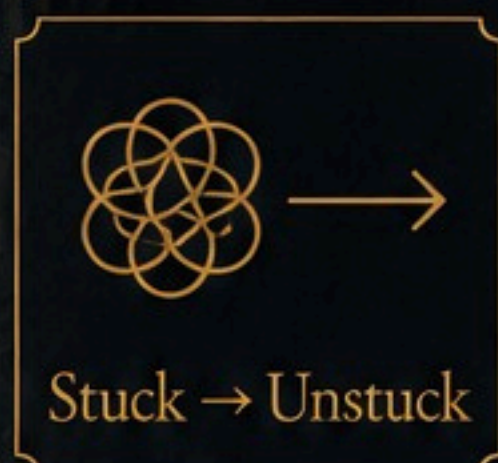
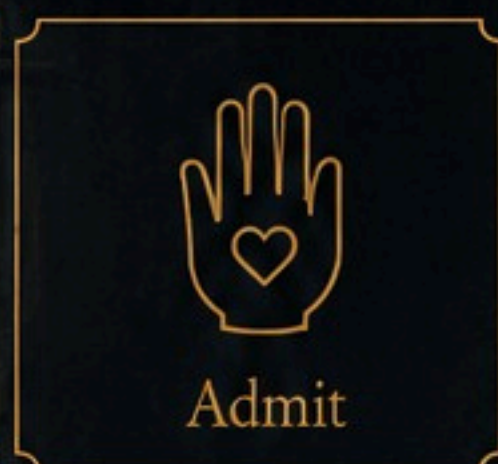


THE WAY OUT

For when you feel stuck, trapped, out of road.

A written way out - one step at a time.

INTRODUCTION



A dead end is a feeling, not a fact.

I know the feeling of being stuck - really stuck. Out of energy, out of faith, out of ideas, out of road. I have been there. This is the written process I used to find my way out.

It is nine steps. You need one thing only: a blank sheet of paper.

You will not find advice here. You will find a way to produce your own way out, in writing - where it can't dissolve by tomorrow morning.

STEP 1

ADMIT

Face it, on paper.



1. NAME IT.

Write one line, in your own words:
“I am in a dead end. I am stuck, and
right now I don’t know the way out -
but I am going to find it.”

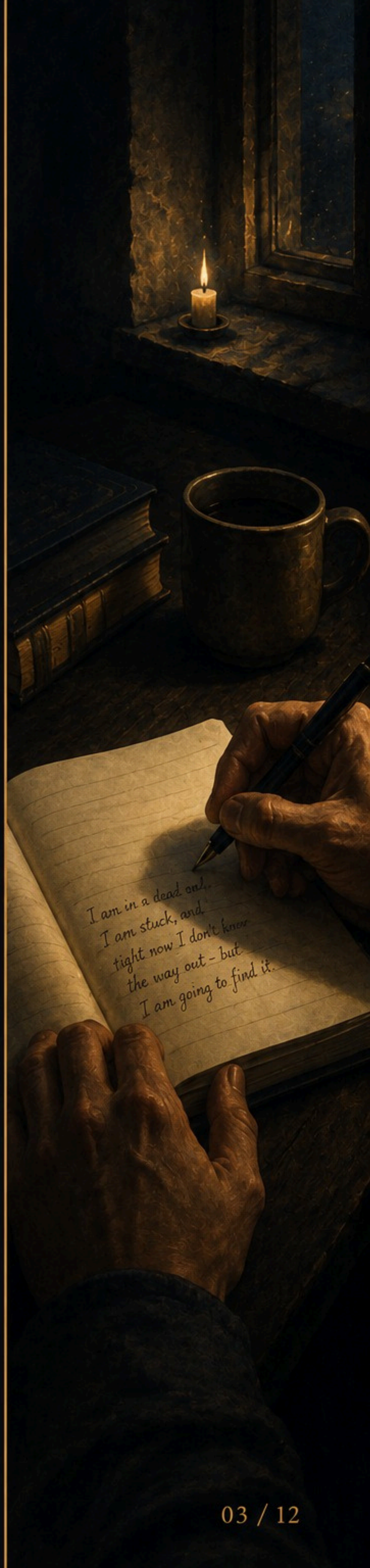
Plain words, even angry ones.
Writing it makes it real, and real is
something you can work with.



2. DON'T DROWN IN IT.

Take responsibility, not punishment.
You are here to find the exit, not
to file charges against yourself.

This one line is the first brick of
the foundation.





STEP 2

NAME THE PROJECT

Give your way out a name.



1. MAKE IT A PROJECT.

A vague wish drifts.

A named project moves.

Write: "I am starting my way out,"
and give it a name you actually feel -
Restart, New Ground, The Way Out -
whatever lands for you.



2. WHY IT WORKS.

A project has a direction
and a finish line.

The moment it has a name,
it stops being a mood
and starts being work.

STEP 3

FIND YOUR SCREAMERS

Name what drains you.



1. LIST THE REASONS.

Write down everything keeping you trapped – work, money, a relationship, health, not knowing what you want.

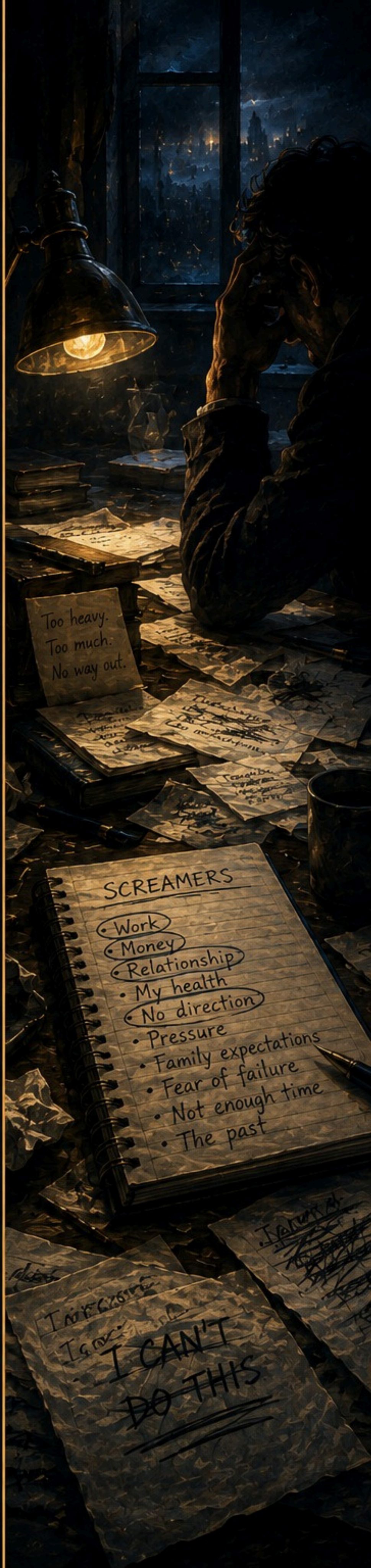
Be specific. A vague problem can't be solved.



2. MARK THE SCREAMERS.

Circle the ones that drain the most energy – the topics that tense you up just writing them down.

That is where the work starts.
For me it was my job;
a single phone call could set me off.





STEP 4

STUCK → UNSTUCK

Two columns: the trap, and its opposite.



1. DRAW THE TABLE.

Left column: each stuck topic in plain words.

Right column: its opposite - the state that would free you. (“No direction” becomes “I know what I want and act on it.”)

STUCK	UNSTUCK
No direction	I know what I want and act on it.



2. READ IT TOGETHER.

The left side is the full combination holding you down. The right side is the first rough outline of where you are going.

STEP 5

STABILIZE FIRST

Close the holes before you sail.



1. THE SINKING-SHIP RULE.

You can't escape from the bottom.
First stop the leaks, then add air.
Stabilize yourself, then move.
Trying to sprint while you're drowning is how people give up.



2. THREE COLUMNS.

Screamer | how to soften it |
the fulfiller that refuels you.
(Toxic calls → switch to text →
a walk afterward.)

Fulfillers are the opposite of
screamers - the small things that
give energy back: coffee in the park,
music, sport, a friend.

Don't aim for perfect.
Aim for steady.

SCREAMER	SOFTEN IT	FULLFILLER
Toxic calls	Switch to text	A walk afterward.



STEP 6

LESSONS

Make the dead end teach you.



1. TURN IT INTO A TEACHER.

Write what this stuck time has taught you - what to do, and what never to do again.

About chasing approval.

About work with no meaning.

About staying silent when you needed to speak.

About waiting for the “perfect moment” that never comes.

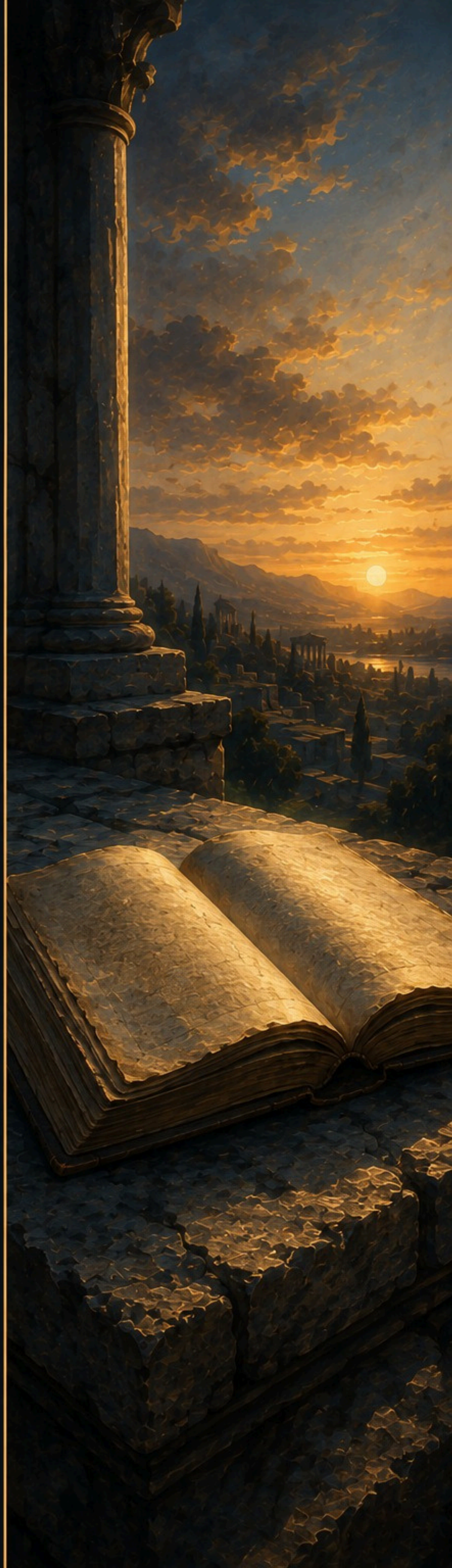


2. WHY IT MATTERS.

The moment you extract the lesson, you stop being only the victim of the situation.

You put it to work for you.

That is the real win.



STEP 7

TARGETS AND PLAN

Make it measurable. Make it a path.



1. SET REAL TARGETS.

Vague goals stay vague.
Use numbers and facts:
the income, the savings, the city,
the count of real conversations,
the workouts done.

Write what “out” actually
looks like in figures – so you’ll
know when you reach it.



2. BREAK IT INTO MILESTONES.

For each topic, write the
milestones, then the small
steps between them.

(Job: update CV → apply →
interview → start.)

The more steps you write,
the clearer the path becomes.

STEP 8

DAILY ACTIONS

Spoon by spoon.



1. SMALL STEPS MOVE THE TRAIN.

A stuck life is a heavy train -
hardest at the very start.

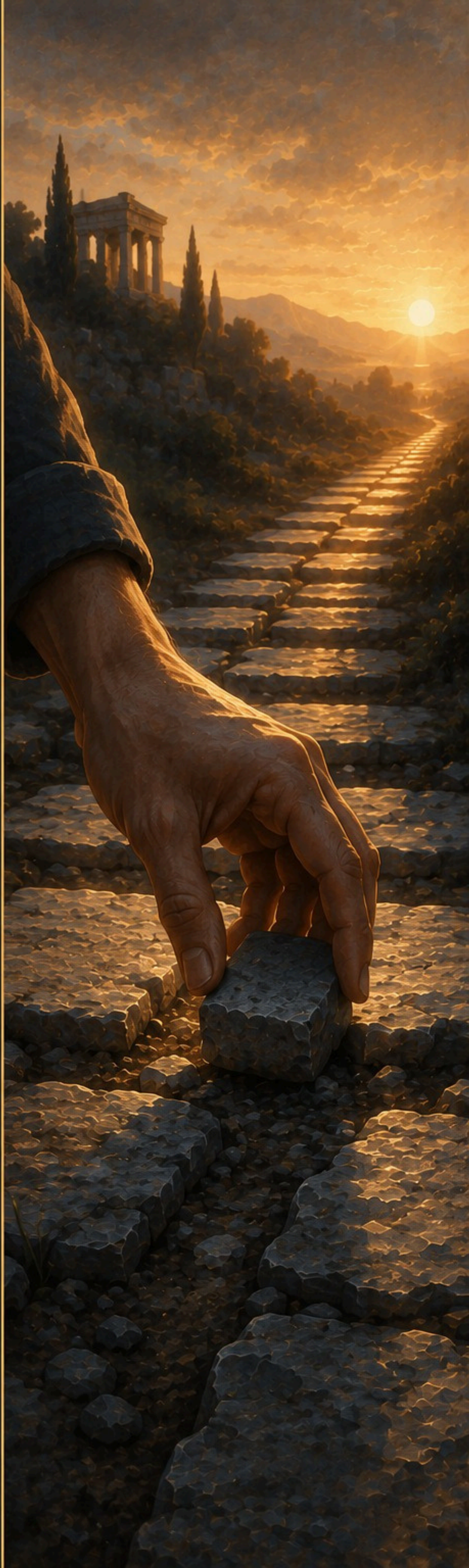
You don't need enormous energy.
You need one small action, repeated.
Even one minute a day
changes you over a year.



2. SHRINK IT UNTIL YOU CAN'T FAIL.

One client was scared to start
a podcast. We went from
10 minutes, to 3, to 1,
to 30 seconds, to just
recording silence.
That was the first step.
It worked.

Find the version of your step
so small that not doing it
would be ridiculous.



STEP 9

TRACK IT, AND FIND YOUR PEOPLE

Make progress visible. Don't do it alone.



1. BUILD A SIMPLE DASHBOARD.

Write your project name and milestones on one page.

Put a dot for every day you work on it, a mark for every milestone you hit. Ten days, ten dots.

Progress usually hides until you can see it stacked up.

The dashboard proves it is real.



2. FIND FOUR KINDS OF PEOPLE.

Supporters who cheer you on.

Facilitators who hold you accountable.

Fellows walking the same road.

Partners who move with you.

You do not get out of a dead end alone.





A dead end is just a place you haven't mapped yet.
You have the map now - because you wrote it yourself.
Keep the paper. Add a dot tomorrow.

◆
Ros Kasilov
Founder, Agora School

Want to go deeper - explore The Core Self at roskasilov.com

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