EFFORT :

4. RECOGNISING YOUR BLOCKERS.

"BLOCKER" :

A PSYCHOLOGICAL BARRIER THAT STOPS YOU DOING SOMETHING.

BIG IDEA

We all have blockers; thoughts and feelings that stop us doing the thing we REALLY need to do.

These may be a pattern of thinking or a habit you cannot break.

To succeed in A Levels you have to recognise your blockers and break down these patterns of thought.

We have identified 4 Stages when trying to recognise your own blockers, and how they manifest:

Stage 1 – Initial lack of motivation
Stage 2 – Bypassing conscience
Stage 3 – Creating an opportunity
Stage 4 – Getting away with it

Key Point: By recognising and accepting your blockers, you can then move onto doing something about them!

STAGE 1:

INITIAL LACK OF MOTIVATION

LACK OF MOTIVATION

- Everyone feels discouraged at some point, for example:

That feeling of dread when you have work to complete that is hard, and you know it will take you a couple of hours to complete.

.......The difference is what you do next!

STAGE 2:

BYPASSING CONSCIENCE

BYPASSING CONSCIENCE

- Most people feel guilty when they don't work
  - *"I should be finishing that essay....."*
  - *"I really should be revising now."*
- Sometimes though we find ways to 'Bypass our Conscience'.
- ...which means we deliberately re-think the situation until we feel better about it.
- The next slides show some typical thought patterns to bypass conscience.
- Discuss them. Do you recognise them as something you have said to yourself?

"THEY HAVEN'T DONE IT EITHER, SO I'M NOT THAT BAD."

"THEY DON'T DO THIS IN OTHER COLLEGES SO WHY SHOULD I?"

"THE INSTRUCTIONS WERE TERRIBLE, I'M NOT BOTHERING TRYING TO UNDERSTAND THAT."

"I RUSHED LAST TIME AND GOT AN OKAY GRADE. I'LL JUST DO THAT AGAIN."

"I DESERVE A BREAK. I'LL JUST WATCH THIS PROGRAMME ON NETFLIX."

"I'LL LEAVE THAT AND DO SOMETHING ELSE INSTEAD."

CREATING AN OPPORTUNITY

THERE WILL USUALLY BE SOMETHING NEARBY, HOWEVER TRIVIAL, THAT CAN DISTRACT YOU.

CREATING AN OPPORTUNITY
– Some students work near others and tell themselves this is beneficial because they can ask for help if needed.
– Subconsciously they might actually be hoping for a distraction to occur.
– The same goes for workspaces:
  – *Do you work near or next to your phone, laptop, tablet, games console or TV?*
  – *Are you secretly hoping for something to take you away from your work?*

If this is you – it's normal! We all sometimes subconsciously (or maybe deliberately…) create the opportunity for blocks to occur.

STAGE 4:

GETTING AWAY WITH IT

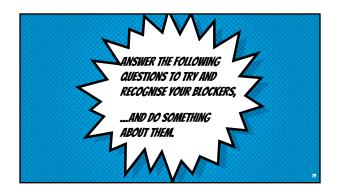---

GETTING AWAY WITH IT
Finally, for the pattern to continue, you need to feel that you have *"got away with it"!*

Our thought pattern after using a blocker might be:

"Nobody said anything so it's okay."

"I didn't get told off, so I'll do it again."

We use these thought patterns to justify and validate our behaviour, even though we are aware that it is effectively self-sabotage.

Don't worry, everyone does this. However, really successful people have learned to fight the feeling.

ANSWER THE FOLLOWING QUESTIONS TO TRY AND RECOGNISE YOUR BLOCKERS,

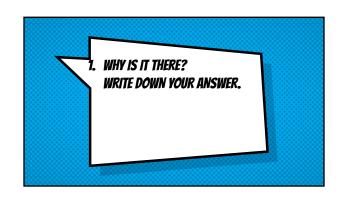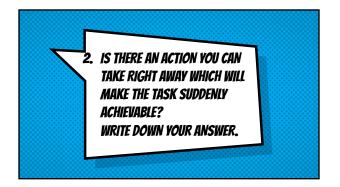...AND DO SOMETHING ABOUT THEM.

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THINK ABOUT A PIECE OF WORK YOU NEVER COMPLETED.

1. HOW DID YOU JUSTIFY THE NON-COMPLETION TO YOURSELF?

WRITE DOWN YOUR ANSWER.

2. WHICH TASK ON YOUR LIST AT THE MOMENT ARE YOU LEAST LIKELY TO DO? WHY?

WRITE DOWN YOUR ANSWER.

TAKE A TASK THAT HAS BEEN ON YOUR TO DO LIST FOR A WHILE BECAUSE YOU'VE BEEN PUTTING IT OFF...

1. WHY IS IT THERE?
WRITE DOWN YOUR ANSWER.

2. IS THERE AN ACTION YOU CAN TAKE RIGHT AWAY WHICH WILL MAKE THE TASK SUDDENLY ACHIEVABLE?
WRITE DOWN YOUR ANSWER.

NEXT TIME YOU PUT A TASK OFF, ASK YOURSELF... "WHY?"

1. ARE YOU SIMPLY SEQUENCING TASKS AND SAVING THEM FOR LATER?.OR.....IS THIS ACTUALLY SELF SABOTAGE??

KEY POINT:
LEARN TO RECOGNISE WHEN YOU ARE COMMITTING SELF SABOTAGE!

FINAL THOUGHTS

Remember:

- × Everyone has blockers – and everyone occasionally sabotages their own progress. The key is to recognise you are doing it, and to fight it!
- × If you feel self-sabotage coming on, move location.
- × Get yourself to a quiet room, a study area or library and *JUST START* the task.
- × You don't even have to finish it – work for about 30 minutes – but just *START*.
- × *You are less likely to sabotage a project that is already underway.*