**What Is Effective in Making Things Happen**

* Most important: finding and noting new strategies that work
* Finding a way to switch to a different mental state
* Getting excited about something that isn't very blocked, usually as a way to avoid something that is blocked
* Tracking my success doing something and always tracking it (that way if I don’t do it there is a log, which helps me actually do it somehow)
* Other people “expecting” me to do it in the moment. For example:
  + when people started doing the house meeting on the floor and I got out of bed and joined in
  + when someone reaches out their hand in a way that's really combined with their behavior such that the next step is obviously for me to take the hand and get up
  + when everyone else is working on something and expects me to do it to, like at tiny house group
* In general, getting other people involved
* Letting it go when it’s hard and doing it when it’s easier (for example: focusing on something else as a short break, and then returning to the original task idea could be really helpful for me, particularly if I don’t believe I am going to resume the task … so others could remind me to return later.)
* Doing something else that's completely different but is also good to spend time doing (for example of EE coursework instead of brushing teeth)
* Using various practiced changing techniques to push through it when it's really hard (for example: focusing on just the goal and having other people only focus on the goal, or taking repeated baby steps towards the goal)
* Being harshly commanded to do it, as if I am an idiot
* Knowing somebody really wants me to do something will really help me do it, it's like commanding it
* Coming up with ways such that it is incredibly important to do it (for example: if a robot were set up to email my family member to ask for help if I don't update a log)
* Communicating my experience in detail almost always changes it, but it can be very hard to keep opening my mouth
* Talking to myself out loud has had interesting results
* People can inquire about how I am doing I'm likely to get annoyed about assumptions here because my experience is so indescribable. (For example: broad or complex questions like “are you wanting to relax more or are you dealing with blocks?” Yes, I feel like I want to relax more, I do not want to feel this way, I am distressed that I have not brushed my teeth, my “blocks” are strongly engaging this distress making it harder to decide to do, I'm not sure what a block is and my experiences are very varied... I use words like “block,” “trigger,” “hook” but basically my experiences behave in ways I don't know how to handle and exert control over me, and there is a huge wide variety of forms this takes.
* I’m always happy to say what I'm thinking about but may need encouragement if I'm blocked around it
  + the hook stopping me from saying what I'm thinking often triggers a belief that the other person does not want me to talk or do something, even if they've just said that they do, encouragement or repeating your interest could help

**Statements That Might Be Helpful in Stuck Moments**

(Note: These are simply ideas, and may actually not be helpful in the moment.)

* What are you thinking about right now?
  + I really want to know what you're thinking.
  + do you feel free at the moment?
  + do you feel in control of yourself at the moment?
  + are you feeling trapped right now?
  + what are you doing right now?
  + do you remember what you were doing a few minutes ago?
  + are you comfortable discussing this now?
* Is there anything you are trying to do right now that you are having trouble with regard to?
  + is it helpful if I do this for you?
  + do you feel safe in this process of trying to do this thing?
  + is it helpful if I physically move you towards doing this?
  + might it be helpful if I got you doing this thing a little later?
  + would you like to do this other thing with me unrelated to what you're trying to do?
  + okay, let’s try that again.
  + won't you please do this thing you’re trying to do?
* It’s so important to me are we on the same page here.
  + are you being honest with me or are you just being polite?