

# THE UNSTUCK GUIDE FOR DEVELOPERS

Thoughts and Questions to help you re-frame your perspective when you're feeling in a rut on your coding journey.

**✗ I am so dumb.**

✓ I'm not the only one struggling to master coding. I am doing what I can!

? Is this how I want to be feeling?  
What can I learn from this situation?

**✗ I will never understand any of this.**

✓ Frustration is natural. It can be an opportunity to develop my problem-solving skills.

? What am I missing? Who can I reach out to and ask for help?

**✗ I don't know enough to figure out what's going on.**

✓ I'm learning and I'm getting better every day. Figuring things out is part of the journey.

? What makes more sense to do now? What questions can I ask?

**✗ I'm so slow at coding. Everyone else is faster than me.**

✓ There's no way I can know for a fact how other people are doing. Everyone is different and has their own pace.

? What assumptions am I making?

**✗ I'm not good enough at programming.**

✓ I am good enough. This is a moment of frustration and I choose to take care of myself.

? How else can I think about my coding journey?

**✗ I will never get an early career developer job.**

✓ It's a tough market out there for anyone without experience. Even experienced developers are getting rejected.

? What is possible? What are my choices?