

THE UNSTUCK GUIDE FOR SELF-TAUGHT 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 with learning how to transition to tech. 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?