FEELING TRAPPED EXAMPLE phase 2 5

If you think of any others please fill in the blanks

Examples of Trapped	**Yes**	**No**
Not skilled		
Not capable		
I am not talented enough		
I don't stand a chance		
I am in a rut		
I am unhappy		
I do not know what I want		
The goal posts keep changing		
I am in a shrinking/specialised field		
My skills are out of date		
I have been in the same job for a long time		
I don't know who I am		
I don't know my Values		
I am fearful of moving on		
I have failed		
I am scared		
No company will offer me the same money		