



Activity

My Car Is Stuck

Purpose: Find a strategy to get out of your rut.

Instructions to you:

Imagine this scenario:

It's 10 degrees in the middle of January, and the snowfall is accumulating quickly. The temperature is falling, the roads begin to freeze, the visibility steadily decreases and you're driving to your child's school to pick her up. Hurry, you're late! Your child is waiting for you.

Was she dressed warmly enough? Will she be able to stay inside the school until you arrive?

You are worried, stressed and are rushing to pick her up. Before you realize it, you've slid off the road into a ditch. You've left your cell phone at home and no one is around to help you.

What do you do? Panic? Get out of the car and start walking? Hope that someone stops to help? Relax and hope for the best? Have you ever been in a similar situation?

Let's get back to our story. Your car is now stuck off the side of the road. The engine roars as you try to build up the momentum to move your car forward. The smell of burning rubber permeates the air as your car wheels spin, but your car just keeps digging a deeper rut.

The visibility is so poor you can hardly see the hood of your car.

What shall you do now? The car just won't move forward.

Stop for a moment and take a breathe.

Allow a picture to form in your mind of all the options you have.

You could choose to stay buried in the snow, and hope someone rescues you.

Instead, how about creating a strategy to move out of the rut? Consider trying something different. Just sit for a few minutes and breathe deeply. Be aware of the tightness and tension in your body. Aha! What if you tried to rock the car backwards to eventually move it forward?

Picture yourself putting the car in reverse. Slowly step on the gas and rock backwards. Then quickly shift to drive and rock forward.

Continue visualizing this back and forth motion until you are eventually out of the rut.

State to yourself, "I am a safe driver. I can do this."

Now try it! Good chance that you can eventually rock yourself out of the rut. (Sometimes we have to go backward to move forward!)