

10 Thought Spirals That Keep Women Stuck (and 10 Reframes to Stop Them Cold)

1. Thought Spiral: *I should be over this by now.*

Reframe: I wish I were over this—but I'm not. I'm focused on movement, not marinating in it.

2. Thought Spiral: *If I ask for help, I'll look weak.*

Reframe: Asking for help isn't weakness—it's wisdom. I'm not here to prove, I'm here to move.

3. Thought Spiral: *I have everything under control.*

Reframe: I don't have to control everything. Control is comfort disguised as safety—but I'm not building my future in survival mode.

4. Thought Spiral: *What if I fail?*

Reframe: I don't fail—I learn, and I grow. That's the assignment.

5. Thought Spiral: *Who am I to want more?*

Reframe: God told me His thoughts are higher than mine. His ways are higher than mine. I'm not wrong for wanting more—I'm expected to.

6. Thought Spiral: *And then people say I'm too much.*

Reframe: I'm not too much—they're too little. I'm ready to receive. They're ready to run.

7. Thought Spiral: *If I shift—or change now—I'll lose everything.*

Reframe: If it costs me my growth, it was never mine to keep.

8. Thought Spiral: *It's too late for me to start over.*

Reframe: Too late according to who? God's timing is divine, not delayed.

9. Thought Spiral: *They were right about me.*

Reframe: No—they were loud. That doesn't mean they were right.

10. Thought Spiral: *I've tried everything and nothing's working.*

Reframe: Then it's time to stop trying and start releasing. This time, I'm not guessing—I'm guided.