The Zipper Test

Find out where you’re stuck… and get unstuck
The Zipper Test is designed to show you where you’re stuck in your life, either personally or professionally.

If you are stuck in any area of your life, your career or your relationships, The Zipper Test will help you breakthrough.

It will give you clarity to see what you may not otherwise be able to see. And with the clarity, it will empower you to take new action in your life.

The Zipper Test is perfect for you if you are

- Repeating the same patterns that you can't break.
- Wishing for success but can't reach it.
- Confused and anxious even though you are setting goals.
- Stressed out and exhausted.
- Self-medicating with food, alcohol or otherwise.
- Lost in a fog.
- Spinning your wheels.
- Procrastinating.
- Don’t know which direction to take in your life.

If any of these things describe you, then the Zipper Test is for you.

I know because these same things used to describe me at different points in my life. I designed this test based on my own life experience. The Zipper Test is derived from the many masters with whom I’ve studied to help me find my way.

The Zipper Test will absolutely change your life. It took me many, many years to realize this simple secret. I want to share it with you so you can get un-stuck in your life.

You don’t need to waste any more of your life.
Instructional Note: To complete the Zipper Test you will either need to print out page 6, the exercise sheet, to fill in your answers. Or, you will need to use the Text tool to write your answers in directly on the electronic document.
My Own Story

People are often very surprised to hear me talk about my struggles. People tell me I have everything in life and that I have it all together. And it is true, I am blessed in my life.

But, it certainly wasn’t always easy. Nor, did I always feel blessed.

I have had my bouts with depression, alcoholism, drug use, childhood trauma, co-dependent abusive relationships, poverty, catholic sexual guilt, confusion, corporate malaise, losing everything and being completely stuck in my life.

I have lived through it all. Really. And from my life experience, I have developed this simple test to help you get unstuck in your life.

Don’t stay stuck any longer. Break free to live the life you were born to live.

Why You Are Stuck!

Have you ever had the zipper get stuck on your sweatshirt or jacket? Isn’t it one of the most annoying things in the world when the zipper gets stuck.

So, here’s the question: why does the zipper get stuck?

It’s like the famous old joke, “why did the chicken cross the road?” Simple: “To get to the other side, of course.”

So, why does the zipper get stuck? Simple: the zipper is out of alignment.

When the zipper is in alignment, it flows smoothly. It gets stuck when it’s caught on something else.

And, now, how does this relate to you? Well… If you’re stuck in your life, it’s because you’re caught on something.

What is it that you are caught on in your life? What is preventing you from flowing smoothly?

Are you ready to find out what you’re caught on?
Let’s Start the Zipper Test

Step 1

Do this: **make a list of all the things you should do right now in your life.**

It could be the things you feel you should do for your health, your career, your finances, your relationships etc.

Please complete the statement “I should … “ as many times as you like. There is no correct amount of I should statements to complete this test. Write as many as you want.

Complete it in the ways that you would normally speak. Write as many sentences as you want to. I have provided you the space to do the exercise on the next page.

Do this exercise before moving on to the next steps of the Test.
Think about all the ways to complete this sentence: I should…

For example: I should do the laundry more often. I should change careers. I should eat more broccoli. Etc. Write whatever you should do.

Use an additional page if you want. But only write as many as you want.

I should …

I should …

I should …

I should …

I should …

I should …

I should …

I should …

I should …

I should …
STOP. DO NOT DO STEP 2 UNTIL YOU FIRST COMPLETE STEP 1

The Zipper Test

Step 2

Look at your list of “I should” statements and ask yourself the question:

According to whom? According to whom, “should I?” Another way to ask the same question is to ask Why? Why should I do these things?

Write down your answers in the margins next to your statements of I should.

If your answer is “I” say so. It’s according to me. Look again and ask: Where did I get the idea that I should do that? Where did I learn that? Why did I adopt that belief? Who am I trying to please? Who did I hear that from? And then write down your answer.

Now, if you’re really having trouble seeing where or why you should do something, look at what it is you wrote down that you should do. It might be a loaded term, loaded with hidden meaning.

For example, let’s say that one of your “I should” statements is I should be happy. And, you are having trouble seeing where you got that idea from or why you hold that belief.

So, then the question is what does the word “happy” mean to you? It might be loaded with certain symbols of happiness.

For example, you might have associated happiness to certain things like having a romantic partner, financial wealth, or career goals. You may, in fact, believe that these are the things that are part of your happiness. And, so you don’t feel “happy” until you have those things.

If this is the case, you will need to unload the meaning of the loaded expression: I should be happy.

You will need to write down an “I should” statement for each of the things you associate to happiness. That way you can unload the meaning of what happiness is for you.
For instance, if you associate romance to happiness, write down *I should have a romantic partner*. Or, if it's financial, then write down *I should be making more money*. And keep doing this until you unload all the meaning from your loaded statement.

Then, once you have written out each of the *I should* statements that underlie your loaded *I should* statement, you can proceed with Step 2 of the Zipper Test analyzing each *I should* statement to see why you have adopted this belief.

NOTE: This additional part of Step 2, unloading loaded *I should* statements, is only if you are having trouble answering the question of *why I should*. You may not need to do this additional part of Step 2. It's only if you can’t see why you believe the *I should* statement that you wrote down.

**TEST COMPLETION GUIDE**

If you have done the test correctly so far, you have a list of *I should* statements and next to those statements you’ve written why you should do it or according to whom should you do it.

STOP. DO NOT GO ON UNTIL YOU FINISH STEP 2.
The Zipper Test

Step 3

Now, go back to your original list of I should statements and cross out the words I should and write in this phrase above it:

If I choose to, I could...

Keep your original answers as they were. Just start the sentence differently. Instead of “I should,” change the beginning of the statements to read: “If I choose to, I could …“

Don’t change your original answers. Just change the start of each sentence.

Go back and do that now.

So now, you have the original list of I should statements, except the statements now start with the new phrase “If I choose to, I could…”

TEST COMPLETION GUIDE

If you have done the test correctly so far, you now have the same list as you completed in Step 1 with the reasons why listed next to them from Step 2. But, now that same list of statements begins with the new phrase: If choose to, I could…

STOP. DO NOT GO ON UNTIL YOU FINISH STEP 3.
The Zipper Test

Step 4

If you completed Step 3 on your exercise page, your list now begins with the new starting phrase of “If I choose to, I could…”

With this changed list of things you could do if you choose to, ask yourself why you don’t like doing them, or why you don’t do them at all.

So, why don’t you do what you could do if you chose to do it? Ask yourself.

Put down your new answers of why you don’t do these things. Put down these new answers next to your new statements.

What do you notice about your new answers compared to the previous answers?

What’s different about your reasons why you don’t do these things when the statement starts with “I should…” vs “If I choose to, I could…”

You might even feel an “ouch” of painful realizations. You might not like the answers you now see emerging.

You may notice 2 patterns to your new answers:

1. You may realize that what you thought you should do is really what someone else wants you to do. It’s not what you would really choose to do.

2. You may notice that what emerges are your own fears, fears that were hidden underneath your judgments of “I should.”

But, now you can see where you may have been deceiving yourself. You also now have a starting point for how you can break free.

It’s like when we see exactly how the Zipper is stuck. Then, we stop forcing it. And then, we can actually get it unstuck.

ZIPPER TEST HINT: If you know what you are really caught on, then you have the clarity to take new action.
TEST COMPLETION GUIDE

Step 1: You made a list of I should statements.
Step 2: You answered Why you should do the things you wrote down.
Step 3: You changed the words I should to If I choose to, I could.
Step 4: You answered Why you don’t do what you could do if you chose to.
The Zipper Test Explanation

The Zipper Test is designed to help you see what it is you are really stuck on.

The truth is we could always do something if we choose to do it. If we are not doing it, we must look at why we are not doing it. It comes down to a simple choice. (I can explain this concept to you better in a private consultation if you don’t understand what I mean.)

But we hide from ourselves underneath the judgment of “I should.” And, we feel bad about ourselves too.

When we excavate the “I shoulds” from our life, we may actually be able to see what it is we’re really stuck on.

It’s not what you thought it would be, is it? Or perhaps you did have a sneaking suspicion, but you didn’t really want to admit it to yourself.

It tends to be something very simple like fear, simple yet powerful enough to keep us stuck. And it’s painful enough that we avoid it.

We avoid our own fear by putting the blame on someone or something outside of ourselves. We hide in the expression of “I should” not facing the real inner fear.

Worse, we walk around living our lives judging ourselves harshly, saying I “should” do this or that.

2 basic things happen.

1. We live inside the judgment of I should, which is all the while masking an inner wound.

2. Or, we live inside the judgment of I should which is holding us to a life that is not ours at all, a life that we have absorbed from somewhere else.

We may not even really want to do the things on our original list at all.

We’re just following the pattern that we have grown accustomed to. We get stuck living someone else’s life, not our own, all the while avoiding our real pain.

We lose sight of our own desires, our own goals because we are programmed with “shoulds” from the day we can hear language.
The Zipper Test is designed to help you see what you’re actually stuck on, not what your “should” statements tell you that you’re stuck on, not the blame-game we play for why we are as we are.

The Zipper Test allows us to see what’s really going on, underneath the “should” of life. It’s the first and most important step to getting unstuck.

Clarity is always the starting point to get unstuck. With knowledge comes the power to act!
Step 5

Now that you have seen what you’re really caught on, the next step is to put a strategy in place to get in alignment with who you really are

Then, your life can flow!

The Zipper Test allows you to see what you’re really stuck on – so, you can get unstuck. Now that you have that clarity, let’s get the momentum of your life flowing.

I invite you to align your life with your highest potential. Please feel free to reach out for support. I look forward to helping you create the life you really want.