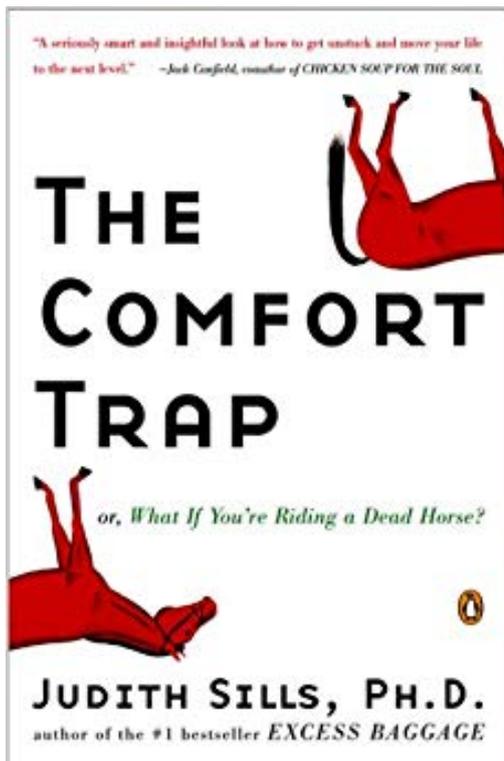


# The Comfort Trap or, What If You're Riding a Dead Horse? by Judith Sills



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**Author:** Judith Sills

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Explains how to escape from the comfort zones that trap us to achieve a happier, more meaningful, and more fulfilling life, introducing a seven-step program on how to transform one's life. By the best-selling author of *Excess Baggage*. Reprint.



## Reviews of the [The Comfort Trap or, What If You're Riding a Dead Horse?](#) by Judith Sills

Hunaya

This is just about the best book I've ever read in the self-help category. It takes you step-by-step through whatever kind of "comfort trap" you're in: bad job, bad relationship, erroneous thought patterns, bad habits, and much more. It served as a "live-in therapist" for my problem, and it was better than counseling and medications. I went through the book and underlined the passages that applied to my problem, then I went back and copied those underlines into a notebook that served as

a counseling strategy with daily goals. I even got a copy to give to my counselor!

Porgisk

Great book!

Teonyo

Dr Judith Sills is a psychologist with decades of experience of men or women who want to leave a stale relationship but can't get themselves to take that first step, for various reasons - fear of the unknown, not knowing where to go, how to manage, etc. It also covers people being stuck in other situations such as a dead end job, having the boss from hell, being bullied.

The comfort trap is when a situation is bad, but familiar, so it feels safe, even though you are miserable. Sills gets you on the road to breaking through that barrier of fear and taking that next step which will bring you out the other side and change your life.

A great book to give you some life tools and help you muster up the courage to do something.

This book arrived in fantastic condition. I would recommend buying a used book. It saves you money and you see a detailed description of the condition of the book before you buy, so you know what you'll get.

Narder

This book was a bit too predictable, and I did not get anything out of it.

Mojind

About 8 years ago, I had a knee replacement that kept me wheel chair bound for 6 months. On top of that I was facing the void of retirement without a clue of anything I was interested in. I had worked my brains out to raise two kids by myself. I was used to getting up at dawn and working on living a life. Never a depressed person, I found myself deeply depressed and suddenly struck with a sense of being lost and worse yet, insignificant. Nothing motivated me. I found the Comfort Trap and began to slug through it, claiming every morning that I must have some purpose.

I followed the steps - something I have avoided on every self help book I have ever read. Everyday I tried to do something new, however small.

I began to like myself again, little by little. The real payoff came when I started writing down and reading about areas that interested me but I had always been too busy to pursue. History, Writing a novel, Helping foster children, World child hunger, quilting. Some areas I was not good in - quilting - other areas I began to help and again create an effect - children's rights and writing. This book, so simple, changed my life

\*Nameless\*

Ignore the editorial reviews of this book, which offer only glowing generalities. Comfort Trap offers the first solid guidance for a challenge faced by many.

Safety, says Sills, "limits the amount of satisfaction any experience can deliver." Yet inevitably, we cling to what feels safe and comfortable. There's nothing wrong with making do and staying put, Sills hastens to add. But if your job or relationship aren't going anywhere, you'd better face facts. Avoid reality and your subconscious may take over: you'll make mistakes that catapult you off the horse, ready or not.

Facing facts calls for creating a vision and studying your past to see if you have a habit of riding dead horses (or, she might have added, killing anything that starts out half-alive).

To her enormous credit, Sills reminds us that delving into the past can create yet another comfort trap. It is only by taking action, making decisions and facing fear that we can actually find a new horse.

To remove yourself, Sills says, calls for discipline, i.e., "the will to get over the wall." It is necessary to follow one's mind rather than one's short-term emotions. And, she recommends, create structures to help you reach your goal.

Most important, you must have a vision -- you thinking of moving to something rather than leaving the horse behind The vision must be under your control, which leaves out visions like "Make Harry a more sensitive person." And the vision must be motivational -- you must be excited enough to get moving.

Sills is a psychotherapist who has, she says, worked long enough to know when to question her training. Yet as a therapist, inevitably she sees clients with relationship rather than career or business challenges. Not surprisingly, nearly all of Sills's examples focus on love rather than work. As a career coach, I was drawn to the example of the client who hates the family business but can't earn the same income elsewhere. Rather than question her client's values ("Do you really need this much money?") Sills wisely helps the client develop a vision of working constructively for this business. She creates simple interventions that seem as much like coaching as therapy, e.g., "Start work with that pile of paper. Set an alarm to remind yourself to begin a difficult task."

I would have liked to see more about the way people decide if their horses are really dead. Sills admits that, at some point, you have to "place your bet" with incomplete information. In the self-help world, authors need courage (and a good editor) to say saying, "There is no checklist." However, there are times when people have to weigh tradeoffs, especially if they walk away from a career or marriage with tangible benefits that cannot be replaced. And Sills drops a tantalizing hint when she says, "Sometimes what's dead is you." I'd have liked some clarification.

Overall, this book offers a new way to think about being stuck and I will be recommending *Comfort Trap* to everyone who visits my own website. It's timely and upbeat, but refreshingly honest. You have to admire a book that, in the 21st century, dares to replace "dream and do it" with "discipline."  
Dianalmeena

This author gives you the tools to make a break-through. She uses many examples from patients she has seen in private practice. At times the many examples get in the way of the basic advice. Dr. Sills does describe well how easy it is to stay in a comfort zone and not break out. As she says we are on a platform and the way to leave is only by a high-wire; which in turn causes anxiety. She slips in brief advice advocating visiting a professional and for prescription drugs. This book was helpful but brief. It could be a useful advocate for change if read an additional three times for re-enforcement of its principles.

Do not be afraid to get unstuck. Do not be afraid to take risk. Do not be afraid to make major changes in your life. Certainly, these points are easier said than done. The author provides 7 steps to help the reader get unstuck.

According to Judith Sills:

1. Face What Hurts - Stop distracting yourself from the pain.
2. Create A Vision - Visualize a new comfort zone.
3. Make A Decision - Is the horse really dead?
4. Identify Your Pattern - Have you done this before?
5. Let Go
6. Face Your Fear - Name, face and overcome the electric fence of anxiety.
7. Take Action - Change requires action.

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