

Positively Speaking

By Mark Wilson

What About that Problem?

If you're facing a difficult problem, maybe you should consider the following questions. They'll help you get to the solution side.

1. Is this a problem - or is it a fact of life? You can do something about problems. You can't do anything about facts of life. If you can't change it, you don't have a problem; just a fact of life. No need to stew about it.

Have you heard the Serenity Prayer? "God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

2. Is this problem REALLY the problem? It is easy to be sidetracked by the painful symptoms and neglect the deeper, more important, issues. Make sure you are dealing with the main thing.

Recurring negative situations usually have a common thread. It would pay you to pay attention to it.

3. What is the bottom, bottom line? What do you want? What outcome do you desire? Why is this a problem in the first place? Think it through! (Many people think "to" a difficulty, but fail to think "through" it.)

Instead of focusing on what's wrong, put your energy into discovering how to make it right.

4. Have you prayed about it? God can give you wisdom to face any uncertainty. If it's big enough to cause concern, it's big enough for prayer.

If your problems are deep-seated and long standing - try kneeling!

5. What are ten possible solutions? Most of our problems have at least ten possible solutions - the trick is to think creatively and discover them! I have used this process many times with incredible results.

Write them down! Don't quit until you have ten. Refuse to settle for just one or two. Expanding the solutions can remove the blinders from your eyes. You will be able to see the whole thing in a new way.

6. What do your wisest friends say? If you listen to what they say, and heed their wise advice, you will spare yourself a ton of regret.