

# Problems

What is your problem?

Every day people have drama and trauma over a problem or problems. The problem(s) create an immediate reaction and often it is overwhelming. The problem appears big, bigger than it is. The problem takes on a life of it's own.

How often does that happen to you? Has it happened yet today to you? How many times a day does it happen?

Other people always want the issue to be your problem. The issue, or problem, is delegated to you. Some are masters at delegating what appears to be a problem to others. Some are experts at attracting the problem and allowing others to make it their problem.

How often does what appears to be a big problem get resolved quickly and simply once you stop, breathe, and 'allow' the solution? How often has the problem not even been a problem? How often was it solved in less time than you spent in trauma over the problem?

How often is the problem an opportunity? How often does it lead to something good? How often do you learn something valuable from the problem?

We do not want problems, we do not want to deal with problems, and we have too much to do to deal with problems. So, when they appear, we overreact. It is that simple.

Let's react differently. Lets:

Allow others to keep their problems and not accept them as ours - even if it is our kids or parents. If we take them once, they will keep bringing them to us. You are not here to save the world, but save yourself - that's a big job!

When the problem arrives, stop, take several deep breaths and relax. Then, in a calm state of mind review the options. Usually, the problem disappears, and the situation is easily and quickly resolved.

Accept there is a problem. If it is a real problem, then we need to make a plan as to how to address it. Get expert advice as needed, make a plan, create a timeline and adjust what needs to be adjusted to reflect the time needed to solve the problem.

Look for the opportunity in the problem. Where is the benefit. Stop long enough to see the true value of the problem and what it truly means.

So, we see it was not a problem. It was a situation that needed to be addressed or an opportunity. It was not the end of the world. It may cause an inconvenience, but that is usually forgotten in a matter of days. If it is an opportunity, don' forget it, take advantage of it.

The issue never was the problem. The problem was our reaction to the situation. Let's react differently and be sure we take advantage of any opportunity presented.