

You can learn to solve your problems

Don't ever be afraid of problems. Most problems can be solved and you can learn how to solve them.

Think of problems simply as challenges that need to be beaten.

1 Put your problems into perspective

Is it really a serious problem?

A child in Africa who hasn't eaten for a week has a problem.

A teenager in Cambodia who stepped on a landmine has a problem.

Someone who just found out they have 3 months to live has a problem.

Someone who has been burned in a house fire has a problem.

2 Think again about your problem and re-assess it.

Is it REALLY a problem or just an obstacle you need to overcome; something you might easily overcome with a bit of thought and effort. Solving your problem will strengthen you and give you valuable experience, so when you face that same problem again you won't see it as a problem.

3 What is a problem to you isn't to someone who has faced that problem and solved it.

With this knowledge you need never feel threatened or helpless when you face problems.

4 Problems rarely solve themselves or go away.

YOU will have to solve it – even if solving it simply means that you know who to call for help.

It is only the FIRST time you face a problem it is a challenge. After you prove to yourself you can beat the problem it won't be unfamiliar next time you face it, and you'll face that problem with confidence and experience.

5 Welcome Problems.

Treat problems as opportunities to learn – opportunities to discover how clever and resourceful you are. Treat problems as opportunities to build your survival skills. Eventually you will welcome problems because people who regularly solve problems are people who can face life with confidence. Life is great. Enjoy it.

Don't ever be afraid of problems.

You haven't failed until you stop trying.