

Confronting your problems

Most of us have problems of one sort or another.

For some of us, the problems in life are of our own design. We actively work on our problems day to day. We cherish the problems. We relish them. We wouldn't know what to do without them.

Like our vices, we would forsake our problems if we just didn't get so dang much mileage out of them.

Others are confronted by problems not of our making. The problems are those of disease, family troubles, a new boss, a new job, or a piece of valuable machinery that breaks down.

Either way, the prescription to fix those problems -- address those challenges -- is the same: confront them.

Shakespeare wrote it like this: *"To be or not to be - that is the question. Whether 'tis nobler to suffer the slings and arrows of outrageous fortune, or to take arms against a sea of trouble, and, by opposing them, end them"*

We've heard that passage so much that we probably don't pay it much attention. Let's decipher the last part in modern-day speech: "Is it nobler to be the victim of our circumstances and problems, or to confront them, and by confronting them, end them?"

In our "victim" society, it's all too easy to dismiss our problems. It's ever easier to relish in them. We "suffer" from this problem, or we "struggle" with that one. We "are a victim of" one trouble, and we ask for people to "understand our struggles." Few problems do we address, fewer still do we put behind us. Most troubles, we live with, when with a bit of work, we could end our troubles. Others, we refuse to address, so we are defeated from the start.

Problems are a part of life. Challenges are what makes life worth living. You rarely see new territory when you follow the same old roads. You don't attain personal growth by doing what's comfortable.

"You can overcome anything if you don't bellyache," said Bernard Baruch.

Copyright, 2000, by Daryl R. Gibson and Salesstar.com. All rights reserved. Permission is hereby granted to re-distribute this document as long as it remains intact with this copyright and all other lines remain intact. Join us at <http://www.salesstar.com>.