

## First Aid: Problem

You are, or someone else is, in the middle of such a big problem that nothing else seems to exist. It is so big that it is all that they can see--and they see it, of course, from the inside.

Ask

1. What is the problem (or situation, or condition)? so that you have a name for it--for example, "the problem with my boyfriend."

Now ask 2. What problem (situation or condition) would be worse than ..... e.g. "the problem with my boyfriend."

They may say that nothing could be worse. Ask them to 3. Imagine anything at all that could be worse.

4. Get an answer.

5. Acknowledge and accept the answer.

Ask again 6. What problem (situation or condition) would be worse than ..... (the original one).

7. Repeat this question, getting different answers. Do this until the original very large problem is now much smaller.

Now, it can be handled.

If you feel smaller than a pebble, it becomes a mountain. It is much easier to handle a pebble than a mountain.

Additional Step.

You could ask for solutions to be created for each of the problems that are worse than the one being experienced.

PROBLEM with no solution

You have tried and cannot find a solution to the problem.

Steps

1. Imagine that everything in the world has stopped.

2. Imagine that you are floating above it all, and see the whole situation as though it were a Television soap opera.

3. Visualize all that is making things difficult for you--seeing yourself as a character in the drama.

4. Create as many more difficulties for the "you" character as you can. Let them be unsolved, and the character being completely overwhelmed.

Now,

5. Go back to the point where you stopped everything. Create the difficulties again, and let them belong to some other character--not "you."

6. Invent solutions for these difficulties, telling the suffering character what he or she should do. See them following your instructions, and observe the difficulties being overcome.

7. Become the "you" character once more, and realize that you have just been a solver of difficulties.

8. Come back to earth from your viewing place, bringing with you the ability to change things and to solve problems and to resolve difficulties.