



PROBLEM SOLVING

From the Inside Out

5 STEPS TO SOLUTION-BASED THINKING

A guided study with Chuck Ross
and Samuel Barger



SHORT TERM FIXES Vs LONG TERM SOLUTIONS

“Why does this keep happening to me?”

Key Concept:

Often the outside, immediate fix is temporary and you find yourself having to deal with the same problems over and over again because you never gain the inner awareness of how to change the thinking that created the problem in the first place.

“The conditions, circumstances and problems of our lives are truly purposed to serve as the curriculum of our evolution.”

–Paul Martinelli



PROBLEMS

prob·lem

/ˈprɒbləm/

Origin

late Middle English (originally denoting a riddle or a question for academic discussion): from Old French *probleme*, via Latin from Greek *problēma*, from *proballein* 'put forth', from *pro* 'before' + *ballein* 'to throw'.

The original meaning of the word *problem* suggests that it precedes a solution... it precedes our own personal growth.

Key Concept:

The purpose of a problem is to call us forward so that we may go before the very conditions, circumstances, and thinking that created it.

“We cannot solve our problems with the same level of thinking that created them.” – Albert Einstein



SOLUTIONS

“When our understanding grasps the power to visualize our heart's desire and hold it with our will, it attracts to us, *all things requisite* for the fulfillment of that picture.” – Geneviève Behrend, “*Your Invisible Power*”

Key Concept:

Problems are opportunities for us to **become** the solution, rather than seek a solution.

so·lu·tion

/sə'looSH(ə)n/

The definition in the Latin language for the word *solution* is the action of separating or breaking down; distilling the parts of the whole.



PROBLEM SOLVING GOES BEFORE DECISION MAKING

Key Concept:

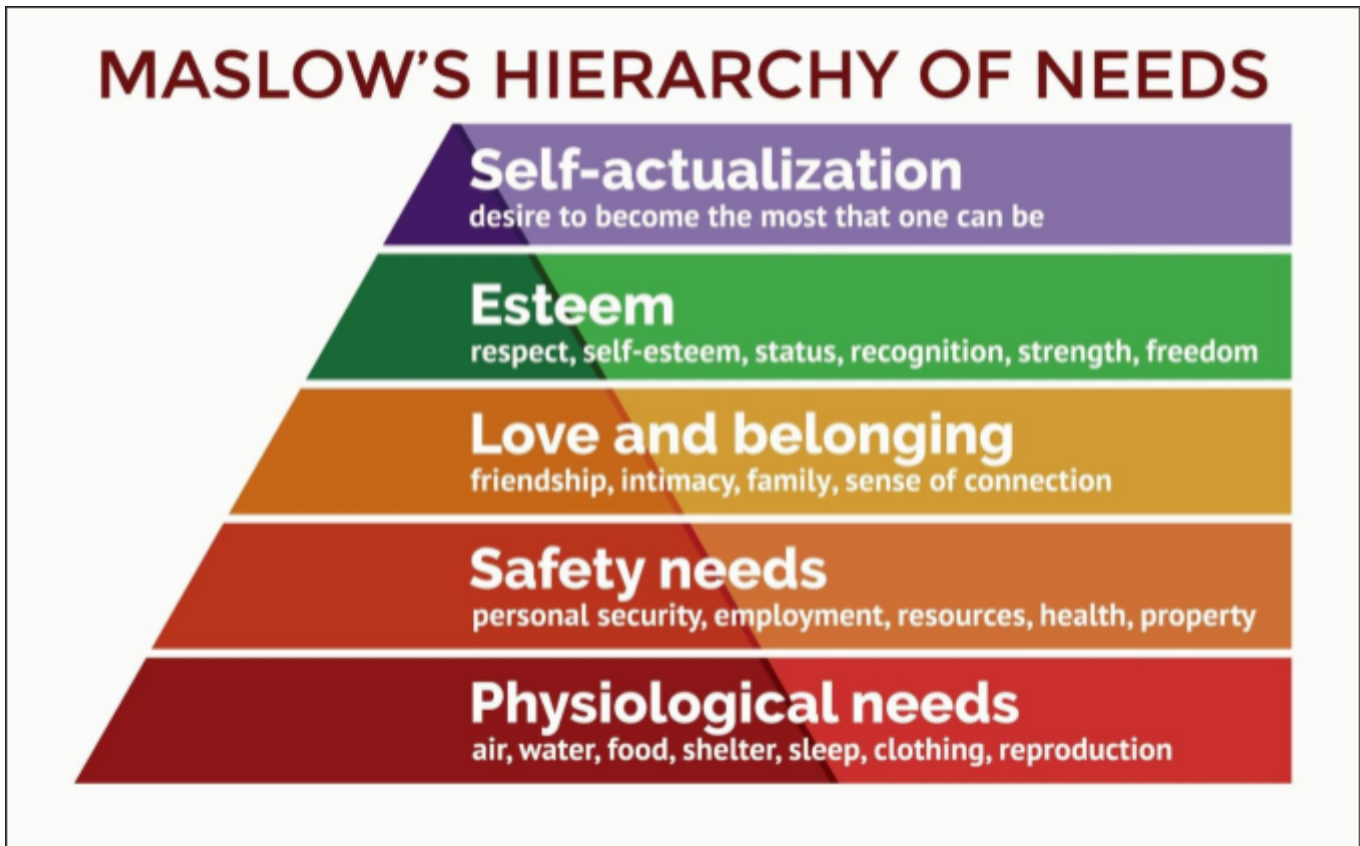
Before you make a decision, you must first enter into problem solving at a higher level of solution-based thinking where you begin to separate, breakdown and distill the thinking that has created the conditions conducive for the problem to exist.

Then, after careful and thoughtful consideration, you make a decision, cutting and removing the parts of your past thinking that no longer serve you.

“Be transformed by the renewing of your mind.” –Romans 12:2



HIGHER THINKING = HIGHER BEING





FIVE STEPS TO SOLUTION-BASED THINKING

STEP 1: Write out the exact problem you have, in as much detail as possible, with all of the attachments (emotions and feelings) you have to it.

This first step is purposed to accomplish some very important things:

First, it allows us to see the problem as separate from ourselves. For those who have gone through the *Turning Point* retreat or completed the *Designing Your Empowered Life* year long journey, you will recall this process as the “*Separating our being from our behavior*” model.

Second, it gives perspective to the problem. It allows us to see where we may be “adding to the story.” Where we may be making stuff up and assigning meaning that was never intended to be assigned to this situation in the first place.

Third, it allows us to see where we may be following a “*this means that*” model, which probably does not serve you. What we say “*this*” means likely only means “*that*” because we have said it does, not necessarily because it is true.

When you write out your problem, you can begin to see the different parts. Remember, solution means to separate the parts, to distill the problem down to its purest state. So. what are the parts of the problem?

- What are the relationship parts?
- What are the financial parts?
- What are the emotional parts?
- What are the spiritual parts?
- What are the physical parts?
- What are the immediate needs vs those that are less urgent?



STEP 2: Draw from your past experiences, resourcefulness and creativity. What problems have you solved in the past and what did you learn from previous experiences that can help you with this current problem?

You are much more powerful and resourceful than you think.

You are much stronger and much more powerful than your problem.

EXERCISE: Make a list of times you overcame a challenge or problem. Really allow yourself to go back in time and think of times you managed to persevere.



STEP 5: Trust and have faith in yourself.

Trusting yourself and trusting the process are what activate faith.

Trust your connection with the source from which your ideas to solve your problem have come from, and trust in your ability to discern those ideas and messages. Rather than believing in accidents or coincidences, start trusting that God is communicating with you.

Key Concept:

Every time we fail to act on God's messages to us, we create distance between us and God.

Know this: God doesn't move, we do. We move to doubt... we move to uncertainty... we move to fear... we move to worry... we move back to the place of our current conditions and circumstances, because it feels safe and seems familiar, even though it's not what we want in our life.

“People surrender what they want for what's familiar every single day.”

–Paul Martinelli

Building trust:

- Take the first steps when you are intuitively guided to do so
- Be willing to take action while, at the same time, feeling uncertain or unsure
- Start with small things at first.
- Be willing to GIVE your trust to yourself and others, rather than thinking people should *earn* your trust



EXERCISE: Write down ways you can begin to trust yourself, trust the process and trust others as you move towards solving your problem.

I will trust myself by:

I will trust this process of solution-based thinking by:

I will give others my trust by:

