

117 / Problem Solving - New Perspective

Man's **basic nature is of happiness** and every one makes all out efforts to seek happiness. However every time **he is not successful** in his attempt and encounters Problems & Difficulties. At times, these Problems are really **genuine** but many a times these problems are **superficial**. Most of the times, he is either **not directly affected** by the problem or **responsible** for solving the problem. His responsibility in respect of solving problem is at best **secondary**. **But rarely every one is successful in making such analysis of a problem and in the process spoils his personal & family life/atmosphere.**

Before I proceed further, it will be interesting to study the **effect of problems & difficulties** on the person. I would try to explain this with the example.

Let us assume that we have kept **three pots** filled with water on 3 gas burners. Now we will put **carrots** in first pot, **eggs** in second pot and **coffee powder** in the third pot. Let the water boil for about 15-20 minutes. Then close the burner and study the contents one by one.

The carrots were **hard in raw condition** before putting in the pot. But now you would find that the same hard **carrots have become soft.**

You know that **eggs are soft inside** but now you would find that eggs have become **hard.**

Coffee powder has **dissolved** in the water and you find that water has a colour & smell of coffee.

Now let's look at Life.

Life is not easy as we want it. Life is full of odd experiences and rarely comfortable. For few persons, Life is very **tough**. **Things do not happen** the way we want. Our **expectations** about others are **not fulfilled**. At times, the **outcome** is disproportionately **low** as compared to our efforts / inputs.

Now you may consider that **boiling water is like a problem**. **At times we are strong before we face problem but soon we find ourselves as soft like carrots in our example.** We get easily tired. We loose hopes. We give up. Fighting spirit and charm in Life is lost. **Friends, we should avoid from becoming soft carrot on facing a problem.**

Sometimes, we may be soft like eggs initially but after facing the problem, we turned out to be strong. We lose our sentiments. We become bull headed & harsh. Warm feelings are lost. We get bitterness feeling often. **We should avoid becoming like eggs.**

We should try to be like coffee powder. The water does not change the coffee powder but it is the other way round. Water changes colour because of the coffee powder. The hotter the water better is the taste. **We should be like coffee powder. We learn something from the difficulties. We have new knowledge, new skills, and new abilities. We become rich by experience.**

Problems and difficulties give us the **chance to become stronger**, better and tougher. To succeed in overcoming the problem, we must **not give up**. Keep trying. **Learn patience. Convert every difficulty/ problem as Event Management Exercise. Be like a coffee powder.**

Few Points to ponder in respect of Problem Solving:

- 1) Have a firm belief that every problem has a solution.
- 2) Define the problem precisely.
- 3) Use '**Brain**' rather than '**heart**' to solve problem.
- 4) Generally solution to the Problem is hidden in the Problem itself.
- 5) Collection of an unbiased data is a prerequisite to Problem solving.
- 6) Analyze the collected data.
- 7) Study cause & effect relationship. Pinpoint absence of relationship if any.
- 8) Analyze every factor without relying on any prior knowledge / facts.
- 9) Try to reach grass root of the problem.
- 10) Look at the problem from different angles.
- 11) It is necessary that whenever there is a problem, you should go to "**Gemba.**" Gemba is a Japanese word, which means "the real place". In other words, it means shop floor.

Friends, I have **successfully deployed** the above approach for solving various problems encountered in Life. I have developed a Technique named as AJB / TTP –possibility of solving the problems. **If you can look at a problem by your brain, it will look small but**

if you look at the problem by heart, then you may feel that it is unmanageable. You may read this Spandane Article no.71 on my website www.spandane.com.

I started the discussion with a note that **problems/difficulties are inevitable/unavoidable in Life** and can't be avoided. I have also explained as to how these problems/difficulties **leave their footmarks** on our personality. Thereafter, I discussed few **Tips** to encounter the Problems/ Difficulties.

Viewers should read the articles namely ABJ-TTP/P Technique & Thank God uploaded on my website. Path: www.spandane.com → Spandane → Spandane Articles → Sr. No. 40/ Thank God & Sr. No. 71 / ABJ-TTP/P Technique.

Classification of the Problem / Difficulties is the first pre-requisite of solving the problem. Secondly, we should ascertain as to **what needs to be done** for the solution and whether we have the **ability** to do it.

Once you take the necessary Action, then stop worrying and start Living.

Few sample questions for classification of the problem & the necessary action.

- 1) Whether we are directly responsible for the problem?
- 2) Whether we are directly responsible for solving the problem?
- 3) Whether remedy is available for the problem?
- 4) What is the cost of the solution/remedy?
- 5) Whether we have the ability to incur the cost?

Friends, now I wish to share with you one case study. (I did the counselling of the persons involved)

Facts of the case:

A young couple has no issue after 5 years of Married Life. Husband & wife are educated with no financial problem. The lady had a problem of irregular MC prior to marriage. The problem was addressed with positive results. However again after marriage this problem of PCOD was developed. The treatment was taken from eminent doctors. Twice she conceived but the foetus could not grow and hence abortion was resorted to. Now the doctors have declared that medically nothing is wrong and practically no treatment is called for. **One has to leave this problem to the God's wish.**

The relationship between husband & wife is excellent. This problem has not affected their relationship. Husband is more matured. It was an arranged marriage after matching the horoscope. Both are in service and staying with husband's mother.

Reactions of different parties in the above case:

Husband: He has taken it philosophically and he is making all out efforts to pacify wife. He has even told his mother that this matter should not spoil the family atmosphere. He has made up his mind to adopt a kid.

Wife: She is trying her level best to digest the problem. But gets sentimental in family/religious function or whenever she looks at cute baby. She is fed up with treatment. She has not made up her mind to adopt a kid.

Husband's mother/Mother in Law: Her husband expired untimely and she looked after the only son and made all out efforts to give him higher professional education. She selected the daughter-in-law. She was longing for grand child after marriage. She got disappointed initially but now settled and has left the matter to God. But within heart of heart, she is unhappy.

Father of the girl: He has accepted the problem of her daughter. He arranged medical help before & after her marriage. He financed the necessary medical expenses. He keeps pacifying his wife. (Mother of the girl)

Mother of the girl: She is not able to digest the problem. Day in & day out, she is all the time worried about this problem. She takes it as personal problem and has developed complex while talking with people. She tries to avoid the functions. She has taken the problem to her heart. She keeps talking about the problem with near & dear ones.

My suggestions to above parties (mainly Girl and her mother):

I told father & mother of a girl that this is your **indirect problem**. You have taken the **necessary action** of arranging medical consultation. You have spent good amount of money. There is nothing more can be done in the prevailing circumstances.

Both would get **directly affected** by this problem in case of spoiled relationship between son-in-law & daughter and with mother-in-law. **Such is not the case**. Their relationship is fine. Nobody is blaming the other party. Son-in-law is protecting the wife from the unhappiness of his mother (her Mother-in-law). **What more you want in the present situation?**

I told the girl that she should think hundred times before taking the decision of adopting a kid. Because as per horoscope (my reading) the fifth house i.e. children is indicative of problems. (This was predicted / informed before her marriage). The medical aid was then taken before marriage as the PCOD problem was prevalent and also confirmed by the horoscope. Considering the law of average, it is difficult to assume that your problem will get resolved by adopting a kid. You should not regret the decision on encountering some problem with adopted kid. **Recheck on your mental strength.**

I further told the girl that this problem should be taken **philosophically**. Just look at the care taken by your husband. Mother-in-law though unhappy but still does not harass you. It is better to concentrate on your **occupational career**. There are many couples who do not have child. Moreover, twice you conceived but the baby could not grow for some unknown reasons. (reasons could not identified by medical profession) In a way, **your case is much better than many couples who have no issue.**

There is no point in avoiding people due to this problem. **Isolation from the society is not a solution to this problem.**

I have been talking to all the above parties from time and again over last 3 years. Mother (of a girl) is yet to accept the problem wholeheartedly. **Now let us hope for the best.**

Friends, **you will realize that the person facing the problem has the best answer to tackle/ face/solve the problem.** However many times, he/she is not able to do so because of sentiments over shadowing practical/ logical thinking power. One may seek the guidance of the consultant (by whatever name called) in case of inability to reach the decision or to get the second opinion on the decision arrived by you.

Be confident, whenever you face problem or fear.

Look inside your inner mind to discover your HERO & invite him who is waiting in the pavilion. **You need same qualities whether it is Cricket or Life.**

It is you who can make or mar your own life.

You cast your fears aside.

Be confident that you can survive.

So when you feel like hope is gone,

Look inside you and you will realize

That a hero lies in you... Best of Luck.....from Spandane Team. 😊😊