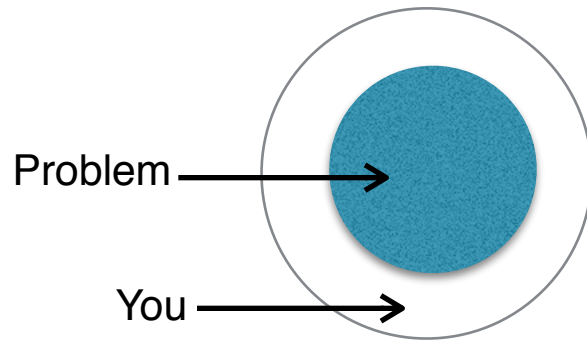
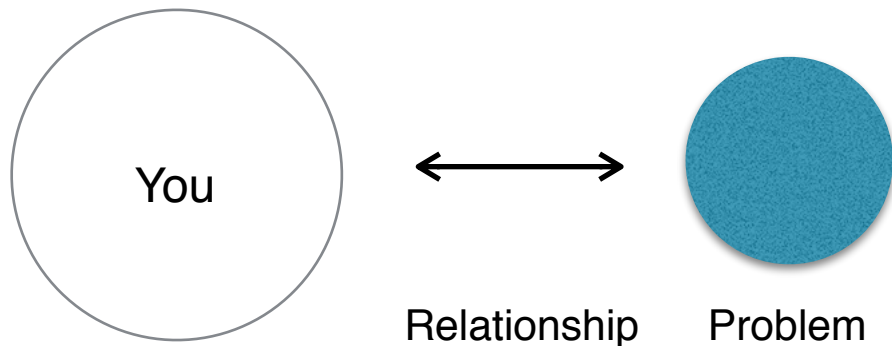


Creating a Relationship with my Problem

We often think of our Problems are “inside” us...



This is, after all, what we have been taught: Problems are part of our brain, personality, or identity. This way of thinking about our problems, however, can have a lot of unintentional consequences: judgment, stigma, and poor self-image. An alternative is view the Problem as separate from ourselves...



This way of looking at Problems has many benefits. Most importantly, this opens up the opportunity to examine what is our relationship to our Problem. We are encouraged to reflect on these types of questions:

- When this this Problem first come into my life?
- When does this Problem tend to take over my life?
- What makes the Problem bigger and smaller?
- How do my social or cultural environment influence the Problem?

We can then realize: “I am not the Problem. The Problem is my relationship with the Problem.” Regardless of where we think the Problem came from or what keeps this problem around, the key question is: **“What can do I do strengthen myself and be more powerful and influential than the Problem?”**