Welcome to Thinking Evolution!

And this, the “Solve the Problem” ethic.

So, you subscribed to the Thinking Evolution and by doing that you accessed this, the “Solve the Problem” step by step ethic. That’s awesome, nice one! I hope you stay around and join the discussion.

To clarify: Before you message me saying this doesn’t work and I’m this and that, I haven’t designed this to instantly make you feel better. This is a structure to understand what the problems are, rather than just what they are on the surface. This allows us to do what we can to overcome them.

This works for me, but I am just an individual. I don’t have the same problems as you, nor do you have the same issues I do. Problems, solutions and everything in between are a uniquely individual experience, so don’t think you can read something and it will make all your problems go away.

Even with reading this, it will not make your problems better. Only you can do that, so if you expect that, I’m afraid you will be disappointed.

STEP 1: IMPORTANT

How do you feel? Right now, this instant.

How you feel right now can tell you more about a problem than how you felt last week, or how you hope to feel in a few days. Stop everything, how do you feel? What thoughts about life, yourself and how things are right now are flowing through your mind right now? Write it down, text someone about it but don’t, whatever you do, just think about it and then wave at these thoughts as they float by.

STEP 2: How long have you felt like this?

Time is key. Timing can generally give you an indication of why you feel the way you do. The thought may have crossed your mind that “I’ve always felt like this.”

STEP 2B:

If you feel like you have always felt like this- do you feel like something is missing? What do you see, or think about, that elicits these feelings, causes these ideas to swirl around creating this “problem?”

STEP 3:

What do you hope to achieve when this feeling goes away?

By reading this, you’re admitting, even if it is only to yourself something is wrong in your world. Something unsettles you, makes you feel “off” if you will. What do you want to feel, what do you expect, believe will happen if you figure out what this problem is? You have to ask yourself the question of what bothers you more. Is it the problem that bothers you, the thing that creates the feeling, the thoughts in your mind that throw you down a spiral, or is it the feeling of not knowing?

What I mean by that is it not knowing where the root of the problem lies, the idea that your stuck in some form of limbo, between a rock and a hard place, not really knowing whether you coming or going?

STEP 4:

If you feel like you’re stuck in limbo, then the problem you have with the way you feel is taking shape. You’re not really sure how you’re supposed to feel about it, maybe it’s a new thing to you, maybe you don’t want it to go wrong. You could go as far to say you like feeling something, or being with someone, doing something etc. However because you “don’t know” how you are “supposed to feel in this particular situation, regardless of the context, it winds up being considerably more complicated that it should be.

STEP 5:

What is limbo to you?

I know I sound like a stuck CD, but I cannot stress this point enough. When it comes to “problems” as a whole, we all may have problems, but the way we look at them is totally unique, therefore we need a unique way of overcoming them. Your way. So know what’s going on in your head, allow yourself to feel everything you need to feel to understand it. Yes, it’s going to cause pain and mental anguish, but if we spent our entire lives numb to pain, would we really ever desire anything?

STEP 6-

So you sort of know when you started feeling like this and the event that led to that “unsettled” feeling you have become so used to. So- how do we go about overcoming said problem? It can sometimes feel hopeless and stupid, as if there is no point trying to break through this, because you’ve tried again and again but it just doesn’t work. So “I may as well learn to just live with it.”

STEP 7:

Get that rubbish out of your system before we continue, if you ever hope to gain anything from any experience or any person in your life. You desire something as badly as this and don’t expect to be able to get to where you want to be? If you expect something to fail, it usually will. “he who says he can and he who says he can’t are both usually right”

STEP 8:

So, we have considered when we started to feel like this, so we have an understanding of what happened that led to this. We know what happened and when it happened. If not, we know that it’s the fact we don’t really know how to feel about it. So we have a timeframe, a certain event in your life, or a feeling of “not knowing.”

STEP 9:

We have some basic information, but the way we solve the problem is still missing. What do you want to feel? What sort of feeling are you trying to avoid? You have to want to solve your issue if it’s ever going to happen. “Broken people can get better if they really want to.”

There’s nothing wrong with feeling something good, or feeling something bad, as it can all help. Now I understand that it’s not exactly awesome feeling negative and bad, but these bad feelings can make the good feelings seem so much better?

FINAL STEP:

We see the world in our own unique way, as we see ourselves and the issues we have. We have these unique problems, and our own way of solving them. You know when, you know what changed. You have to ask these difficult questions. Maybe you lost someone, maybe you gained someone and the effect may have changed something. An event that has ended, or something that has begun, it all has an effect.

Now you know what it is and how it makes you feel, it’s all boils down to choice. The choice of seeing something in a positive, powerful way. We have a natural reaction to things, be they positive or negative things. If we don’t like the way something or someone makes us feel- then why would we continuing feeling this way?

As I said, it’s a choice. Choose to think better feeling thoughts

And be a part of The Thinking Evolution.

Yours, with love as always

DR

Oh, and how could I forget? Welcome!