

## PROBLEMS AND HOW TO FACE THEM

### PROBLEMS IN GENERAL

Problems are a part of every day life with every individual, in every company, in any manufacture, everywhere around the world. Problem is the thing which makes obstacles on our way to perfection and since the perfection doesn't exist, problems are necessary. But problems are not necessarily a bad thing, we can look at them on two different ways; it is true that they are obstructing us on our way to the goal, but they are forcing us to improve and and increase our effort to achieve the goal. Through problems we learn and fulfil our skills and we also learn how to avoid them. Problems emerge usually when we don't predict something or we predict wrong. So I think we must always predict everything for the best and also prepare for the worst.

Of course I have to stress that problems are usually connected one to another. For example if a state has conflicts or economical problems, citizens feel problems as unemployment, low salaries, taxes, inflation and all this leads to a strike, demands to change things, even migrations and increase of criminal acts. Every problem must be considered carefully, not only the reason but the cause it self, even if its path could be very rough. The problem can be only a reaction to a previous action or it could be constructed of multiple problems which could lead to catastrophe. There can always be more reasons than one or it could appear because of the acts which have been forgotten already.

Many times problems emerge, where in fact are not there at all, like when somebody over reacts or there is a mistake during the process so we always have to look for a primal cause and its background so we don't start with hard actions if we are not completely sure about it. The most important is to look through the problem thoroughly because we can always get an idea in the middle, start a new tactic and turn the problem in our best interest. But in our time this is very difficult, because more and more problems started in the past. For example; global warming because of the warming gases, the destruction of the ozone layer, air pollution, the lack of drinking water and I could go on. All of these problems have a similar beginning but today we can't influence any more on what happened, we can only look forward and try not to do more harm in the future but to improve the situation is impossible. From the cases like these we can learn that is extremely important to consider very carefully and to predict the consequences of our actions which we are planning to do and try to avoid the problems before we start. Although we probably wont avoid all of them, because they can emerge soon or after some time.

Problems in manufactures and development can occur also because we don't know

The sooner we solve the problem, the more we can learn and the more we are careful in the future and we can avoid further problems which could emerge because we get sloppy. But, how we can solve a problem which is based on more than one factor? There is in a problem concerning problems so first we must solve the biggest one and then continue with the rest of them. The action about solving the problem may cause new problems or some of the problems may simply disappear, for example: in a country with many poor and unemployed with high inflation, the increase of the available jobs in different professions and with a development one problem can indirectly solve many other problems even with risk of material losses, but then again it depends on how intensive and cautious we are when solving a problem.

## PROBLEMS IN THE COMPANIES AND STATES

Those two kinds of problems are more similar than you can imagine. In the state and in the company there has to be an order, the capital must be divided right, there are certain rules, the decisions are made by the board etc. The structure works on the same way, only in Slovenia many of the companies are still owned by the state so it gets more complicated.

If the company doesn't have enough capital or this is not divided right, problems emerge that could lead to the take over or bankruptcy of the company. By the state this could lead to the inflation, criminal etc. That is why in this kind of big associations, companies it is vital to solve each problem separately and with great care, because one little mistake can cause great damage. So the countries and enterprises pay more and more attention to preventing the problems, but this is far from enough, because the establishment of preventive at the same time causes new problems or problems they are dealing with happen to be even bigger or miscalculated. That's why we need to use great attention and of course predictions because problems are randomly interwoven but not that they couldn't be solved. We have to find the key problem which causes most of the other problems, and so it has to be done step by step and moderate efforts, because the working surface is huge and if a new problem appears it can affect the whole surface. But the problem here is bigger in companies than in countries. The company may even go bankrupt, while the country doesn't feel the consequences, but inhabitants do.

The biggest problem in countries is the decision making of the parliament or in some cases the president, because these decisions are more personal than objective, which can lead to different strikes, riots, establishing new nongovernmental organisations or even war. That is why the decisions made by government have to represent the concern of the people and not of the decision

makers. Many countries make exactly this mistake because by raising taxes, implying new laws and limiting the people so that they only work for the country even though people and country should sustain social balance. The country should give the support to the people in the way that small percentages of finances should be enough for her functioning, and the people wouldn't complain because each individual would live in good conditions. This example shows us that the problem of the country and its people are very close knit. The more a country takes care of its people, the more support this country will get from its people.

We can take for an example my country Slovenia where most of the companies are owned by the country. What happens then? The country starts collecting contributions for the functioning of the specific company, which are not free willings, everybody owning a TV must pay. These are the ways the country increases its funds, but they don't care about citizens. If there is a company owned by the country and it starts going bankrupt, the government simply waits for the interests of selling this company and besides the company sells also its debts and this all happens with great profit. The company itself looks for inconsistencies of our laws in order to increase its funds, while the new owners have to deal with the sins of the country, workers feel the bankruptcy of the company by not getting any salaries, they start firing them,... this is a proof for the fact that if a country respects its people also its people will respect their country.

## PROBLEMS OF THE INDIVIDUAL

These are the problems which every one of us faces, it doesn't matter his status or profession. I'm talking about things that make our life harder and at the same time they are teaching us life itself. But the problems differ according to someone's point of view, moral values and reaction to a problem. For someone the problem is enormous, for the other it is not a problem at all, the third person simply avoids it, the fourth simply wants to solve everything even if everything couldn't be solved. For every problem we have to decide what it means to us, is action necessary, how much attention do we need to put on it. Phlegmatic person just looks over the problem; workaholic starts analysing, puts in a lot of energy, over reacts. Many people put their own problems to another person and in such a way they harm this person and themselves at the same time. I think we first have to solve our own problems so we can then help someone else. But I think many people think only about themselves and are immune to the problems of another person.

The speciality of our society (humanity) can be very helpful to us. Friends, acquaintances, colleagues at work can be helpful to us, so we can share

our problem with them and they can help us to solve it. It again depends on a problem; if the problem is more personal nature, the people we turn to are friends, relatives, maybe colleagues at work, people who know us well. They can be the third eye, since in the stress and paranoia we often don't see everything clear.

If the problem comes from the environment where we work, it might be the best if someone helps us that has been in the same situation, like family or friends. There are also problems which have causes and factors that are interwoven. In cases like this it is the best to try solve problem by our self because this kind of problems are quickly transmittable to other people, but we are still under the influence of the consequences which appear by solving them. For this kind of problems it is important to take your time for thinking and analyzing the problem in order to study various possible solutions, possible consequences. Between these possibilities we chose the one which fits us best in order to affect on our self as much as possible with solving this problem.

With the problems of individual the best weapon is talking to someone who can listen to us and understands us. Not only about the problem, but also about life itself. Problem can come from us or from our surrounding. Problems from inside can cause us stress, frustration, complexes, doubting in ourselves. If in such case we don't have a friend that we could talk to we can look for help with a psychologist who are obliged to help us professionally and keep everything we tell them confidential. He/she can help us find the most suitable solutions, gives us confident and support. But I think that every person has the best psychologist always with him – himself.

From my own experience I can say that when you are down, you can help yourself best. When my mother died, I was forced to grow up before I was ready to do it. It was a great shock for me as a teenager but a great challenge too. I had to deal with the facts that life has brought to me, to carry many burdens which were put on my shoulders because my mother was no longer there. But I tried all the time to trust in myself. As some people believe in God, so I believe in myself, in my abilities, knowledge and actions. It is the strongest believe of all believes because we choose our own lessons and experiences, live through it. The more we experience in life, the more we know how to predict all that can follow as a reaction on our action. If we have the trust in ourselves, we not only trust in our experiences but also in our actions, decisions and this is, I believe the key to the carefree life.

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