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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**What Problem?**

**By David Junno Psy.D.**

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"So what if I have high cholesterol, I don't notice any problem. Anyway, we all have to die eventually." Sound familiar? Many of us have said things like this when we have been faced with having high cholesterol. There are two problems with these statements.

First, high cholesterol is a silent killer. You only notice a problem when it is too late. One of the first signs of heart disease is death. You will not notice the cholesterol building up in your blood stream until it blocks the blood vessel and you have a heart attack.

So not noticing any symptoms is not a realistic assessment of your risk of heart disease.

Second, we might say it is our choice to not change our lifestyle to improve our health. But are we really making a choice or avoiding a problem? Prochaska, Norcross and DiClemente, in their book, *Changing for Good*, suggest asking yourself the following questions to determine if you are making a choice or have a problem.

1. Am I willing to talk about the issue?

People who are really making a choice are able to discuss the issue. They are open to learning about it. People who have a problem avoid discussing the issue and don't want new information.

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### 2. Am I aware of the consequences of not taking action?

This includes being willing to fully consider what it might be like for you to have a heart attack, and if you are lucky, be rushed to the hospital. What it might mean for you if you end up disabled and unable to do the things you currently enjoy. What it might mean to your friends and family if you are disabled or die.

People making a choice are able to look at the consequences of their decision. People who avoid looking at the consequences have a problem.

### 3. Am I willing to take full responsibility for my choice?

If I end up in a hospital bed because of a heart attack, am I going to be satisfied with my decision to have done nothing about my health? If I saw my family suffer because of my health problems or due to my death, would I still feel I had done the right thing?

If you can honestly look at the consequences of your decision and take responsibility, then it is a choice. If you can't then you have a problem.

What if I have a problem?

You are lucky. Problems can be solved, and you can only begin solving a problem once you have admitted having one. If you can review these questions and admit to having a problem you have taken the most important first step towards improving your health. Congratulations.

Remember, having the right diet and getting enough exercise will not only improve your health– IT WILL IMPROVE YOUR LIFE.

Until next time,  
Dave Junno Psy.D.

David Junno Psy.D. is a clinical psychologist and author of:  
Lowering High Cholesterol, Reducing Your Risk of Heart Disease–  
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<http://www.lower-high-cholesterol-ready-or-not.com>

## What Problem?

David Junno Psy.D. is a clinical psychologist and author of: Lower High Cholesterol, Reduce Your Risk of Heart Disease– READY OR NOT! E–book program helping people learn how to make the life style changes necessary to improve their health. <http://www.lower-high-cholesterol-ready-or-not.com>

### **WIN THE "YEAH BUT" GAME in 5 Easy Steps**

**By Laurie Weiss**

You know the game, don't you? Someone invites you to help them solve a big problem and every great suggestion you make is met with, "Yeah, but that won't work because...." Frustrated and defeated, you finally give up.

Next time someone tells you about a problem, use these steps.

1. Listen politely, without offering any suggestions. Remember, it is not your problem.
2. Affirm that the problem is really important. Just say, "That sounds like a really big problem."
3. Ask, "What have you already tried (thought of) doing about the problem?" You learn all the suggestions to scratch off your list. And you subtly reinforce the capabilities of the person with the problem.
4. After you hear the answer, ask, "How did that work out?" You invite the problem holder to rethink his or her own challenge. Often that leads to a solution on the spot, with thanks to you for your brilliant suggestions. (Of course, you have not made any suggestions, but that doesn't really matter.)
5. Ask, "Is there anything you would like from me?" Often the answer will be, "No thanks, I have figured out what to do next." If you are invited to do something more, you can choose to accept or decline with a much broader understanding of the problem.

These steps will help you resist your own tendency to try to be a hero by solving someone else's problem, usually before they even ask for your help. This game usually starts by someone lamenting about a problem instead of asking for help to solve it.

The invitation you are learning to decline is really about proving that the problem is unsolvable, that nobody can help, and that the problem holder is justified in giving up and doing nothing further about the problem.

Instead, you affirm the problem holder's skill and resourcefulness, without getting involved in the game. And you may become the hero after all.

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Laurie Weiss, Ph.D., author of Dare To Say It!, is an internationally known executive coach, psychotherapist, and author. For more simple secrets for turning difficult conversations into amazing

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