

## Problems and Potential

You may have heard the saying that every problem is an opportunity – but now about turning **problems into potential?**

Change brings loss and loss brings grief. But loss can also represent freedom, and change, like the tender fronds of a fresh green shoot, represent the start of something new...

- I have lost, what have I gained?
- If every problem possesses the seeds of its own solution, where is the opportunity in my problem, and what are some possible solutions?
- What is something good about this situation, no matter how small or insignificant?
- Does this situation have a positive aspect?
- Can I open myself up to my feelings a little more?
- What is something I can do to help me get in touch with my feelings?
- Who can I turn to for support?
- What can I take from experiencing this? What can I learn? How can I grow?
- Am I flowing with the situation, or fighting and resisting?
- How can I create faith for the future and strength to go on?