

# Pondering Point

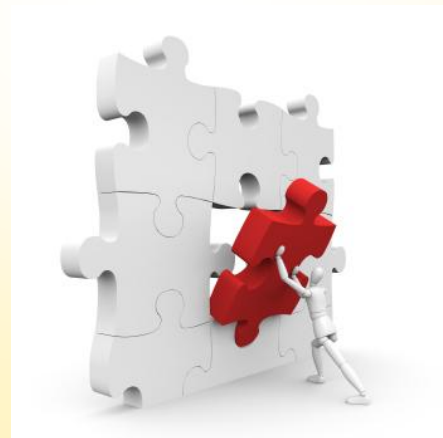
How many of us are helpers? Helpers are solution-focused people that walk around with the best intentions and try to help others with their problems. The real problem is they may not have asked for help to begin with. ***What do we do when we realize we are a part of the problem we are trying to fix?***

What effect does this “helping” have on our relationships? The path to solving a problem can be rich with learning experiences and opportunities for growth. If we are too quick to solve the problems for others, are we robbing them of the journey of discovery? What is the right thing to do when we think we have the solution but was never asked for it? Instead of solving the problem, we can guide them to find it on their own. Taking the problem away can be less empowering. Are we comfortable enough to ask them what they want from us? “Do you want my help, or do you want me to listen?”

What happens when we assume someone is having a problem and we are wrong? Do we make problems where there were none? Are we aware we may have added to the stress of their situation?

## Are you part of the problem?

*Whose progress may you be standing in the way of?*



**Imagine... knowing which problems to solve and which to sit out.**

### — From Pondering to Practice —

#### **Activity:**

**Try This** – Select someone in a group to be the Problem Owner. Have this person select a problem (that may or may not be real) and share it with the group. Assign one of the roles below to four other group members: Solution-Focused, Agitator/Aggressor, Runner, Active Listener

- Have each member approach the Problem Owner in his/her role.

- To the Problem Owner:

- *How did each of these people make you feel?*

- To the others:

- *Did you feel you helped or hindered the Problem Owner in your role?*

#### **Reflection:**

As we pause to think before we jump into solving another person's problems:

- *Whose problem is this?*

- *Am I being asked to solve the problem?*

- *Why am I quick to jump in?*

- *What role should I play?*

- *How can I empower others to find the solution on their own?*

***"Some people approach every problem with an open mouth."***

- Adlai Stevenson

***The Charmm'd Foundation would like to thank Lynn Moore for pondering with us this week!***