

Step 3 of The Zero Stress System

Resolve Stress In 6 Steps

*How To Move An Issue From
Bothersome To Resolved*

by Rob McPhillips

<http://www.livewithoutconflict.com>

Resolve Stress In 6 Steps

Once you have made all the small decisions, the issue should be clearer to you. An insight may have jumped out at you, or you may have shifted your priorities and resolved the issue already. But if you haven't then we're at the stage of getting to a resolution.

The first step is to recognize that the fact you have this problem is a sign that you have reached the limits of your current thought system. You see, you hold beliefs that are continually tested as they interact with other beliefs. And when they meet with scenarios where they don't hold up, you hit a problem that can only be resolved by upgrading your thinking.

It's like Einstein said, the solution to a problem is always to be found at a higher level than the cause of the problem.

The cause of these problems is the fact that we are as narrow minded in our perception, as a horse walking down the road with Blinkers on. We grow up in a specific culture, era and social environment and become limited through the 'rules' laid down by others and our experiences and observation of others experiences.

My Daughter asked me once why things were called what they were. Couldn't the moon be called the sun, men be called women and adults, children and so on? And it is simply the fact that because someone decided to call something, what they did, that we know them by that label. But it could have been very different.

It's possible that a different form of transport could have been invented before

cars and instead of driving everywhere we would hover everywhere. Instead of using the telephone we could have had some other form of communication device that would make the world look very different.

What if the earliest species had not used aggression to win? How different would our history have been?

The point of this speculation is not to rue what could have been. There's no value in that. The point is, wherever we could have got to in that scenario, we still can meet up further along the track. But we can never get there while we believe that the past determines what the future can be

To just look over the social and technological progresses over the last 100 years has to demonstrate that there is so much more potential for what could be.

And all that stands between us and anything we want is the inability to see the path to it. And the inability to see the path, comes from the unwillingness to let go of the old path.

Which amounts to the fundamental question;

Do I want to be right or happy?

I've digressed from the details to the much bigger picture because you have to grasp how limited our perception is before you can open up to new possibilities. You will discover that many of the sources of your conflicts are due to your thinking being too limited.

If you are to find a solution to your problem that fits with all of your criteria

than you are going to have to raise your level of thinking to a broad enough level that can include all possibilities.

Ok onto the methods resolving stress.

Step 1 – Understand What You Really Want

Define the outcome that you want as clearly and specifically as you can. What happens so often is that people get obsessed by what they think they want rather than what they really want.

For a common example, people get obsessed by wanting money. Yet no one really wants a piece of paper that much. They want the freedom, the security that they believe the paper will bring them.

So often there are many routes to the same goal. Having money first, may be the hardest route, but because they have become fixated on that, they can't see the easier path to what they want and become frustrated.

Or perhaps they are unhappy in their relationship. They fixate on their Partner and believe he or she must meet every one of their needs. And so they get more and more obsessed about the things about them that they feel are missing or lacking or the thing they do that they hate.

Yet every person you meet has something that you could like about them and something that about them that you could find repulsive. There is not another person in the world now or ever that would tick every box to be the 'perfect Partner'.

What happens is that people get blinded to the things that attracted them to the person they are with. Or perhaps they needed certain attributes at one

point in their life, like maybe they were insecure and wanted a strong, take charge person to take them out of a place where they're unhappy. But now they're in a different place, psychologically, they find the same 'Saviour' attributes restricting and 'controlling'.

So what is it you really want from this issue?

Step 2 – Brainstorm Possible Solutions

Brainstorm all the possible solutions that you can think of. There are always more than one solution. The number you can come up with is limited only by your thought structure. Most people have so many no-go areas in their mind that they don't explore many of the possible avenues. They say to themselves 'Oh. I couldn't think that. That's a bad thought.' 'No. I couldn't do that. That would be wrong.'

You have to open up and explore every possible avenue without any taboo issues or filtering going on. Later on you filter and evaluate the issues, but you have to look on all the possibilities before you can make a fair judgment.

Step 3 – Are You Ready To Decide?

Look at the possible solutions and see if any of these meet all your criteria. If they do and they feel right then you've finished your work. If not, then you can move through the following steps.

Step 4 – Find Who Has Already Solved Your Problem

Now you need to identify the sticking point. This is the the point where your solution won't work. Maybe it's because you believe you are not compatible with your Partner. Or perhaps you think that something has to be done in a certain way. Or possibly it's just that you don't think something is possible.

Yet every human problem has been solved somewhere by someone. So you just need to find someone who has solved a problem that you are looking to solve. Sometimes you have to be more creative. Somewhere someone has the same problem you have, but in a different form.

Maybe you believe that a relationship has to look a certain way. Yet if you looked around you'd find that relationships are almost as unique as the individuals in them.

For example, many industries are used to doing something in a certain way. One case is Opticians. Traditionally you go into an Optician, get your test and buy your glasses. But recently Opticians have been making a fuss because suddenly Customers have realized that they can go into the Optician's get their prescription and buy their glasses online and save money.

Many traditional retailers are suffering because suddenly people have realized that they can buy the same product, from someone on the Internet, who doesn't have the overhead of a shop, staff or all the running costs of a physical presence.

50 years ago if you were in the market for a Partner you were limited by the people you bumped into and the people your friends might set you up with. But today, you can take your pick from thousands of people advertising on dating sites.

All of these are examples of how we can overcome our limits by changing our sense of what is possible. Here are some more examples of ideas of where to look for inspiration.

Back when I had a Health Club, I was looking for a way to help people stick to their exercise routines. So I looked at other people who needed to help people to stick to some kind of regime. I analyzed drug rehabilitation programs,

Alcoholics Anonymous, Loyalty card schemes for what had worked most effectively.

If you are having trouble to get people to buy into your corporate vision, look at brands that have loyal following, look at religions, cults, TV shows like Lost and Friends that have fervent fans and work out the processes why people identify with them so deeply.

The idea isn't to then copy their processes, but to gather possibilities so that you can find the best way for you.

The whole point of reading and observing is not to sit at the feet of some all knowing Guru, but to broaden your thinking of what is possible and stimulate yourself to a higher level of thinking. While you are limited by your own experiences and observations you cannot consider other solutions that may be easier and more effective simply because you can't see them.

No one else has the keys to what is right for you. It's not that their information is wrong, just that they may stand for different things and so their way may be right for them, but not right for you. We are not all here to live as robots, following some rules set in stone. Your role is to widen your sense of possibility and then select the one that best fits your sense of who you are.

Step 5 – Let The Issue Percolate Or Decide Now?

Have you now got any fresh ideas to resolve the issue?

If not then you have a choice to make. Are you going to resolve this now, knowing that maybe you are going to have to make an imperfect decision, but aren't they all? Almost all decisions can be improved at a later date, but isn't it a greater priority to live life now than, stagnate waiting for the perfect state of knowledge?

Even with that said though, there still are occasions when you just aren't ready to pull the trigger yet.

In that case, here's what you do. You hold the two opposing thoughts in your head and then completely unrelated contexts might stimulate a higher level of thought for the two beliefs or options to co-exist.

Here's an example. I was exchanging views with a Reader. My understanding at that point was that the Ego was something that needed to be killed. She wrote back that the Ego did not need to be killed and that stimulated me to consider that why should violence be needed against the Ego and nowhere else. Yet I do not believe the Ego has any positive benefit.

So I had that niggling feeling that something needed upgrading in my thinking. Also at the same point I noticed that all the people I was currently working with had the same essential issue even though it was in many varied forms.

That issue was a lack of vision. Though not always a lack of vision, but a lack of clarity and ability to fully give themselves to that vision.

So I had these two niggles co-existing in my mind when I read something in an Abraham-Hicks book, talking about there only being one stream. They were saying there is not a light and dark switch, just a light switch. If it's on, it's light. If it's off it's dark.

Suddenly the three issues converged into an understanding that the Ego is a problem only while someone lacks or disconnects from their vision.

Whether you go through this process depends on how important it is to you and how tolerant you are of cognitive dissonance.

If it's not that important to you and/or you want a resolution now then you have to go to step 6.

Step 6 – Where Do I Stand In Relation To This Issue?

There are some issues where none of the following solutions will work. Maybe the solution is too far away from where you are for you to be able to access it for some time.

In this case, you've exhausted all other possibilities and you still can't find a way to meet all your criteria. So you just have to make a decision.

What the situation is, is a defining moment. Sometimes in life we have to make choices. Today all of us have more activities than we have time to do. Too many possible things to do, than time to do it in. We all have more information than we can ever process. The reason why so many people are stressed so much of the time is that they feel that because they can do it, read it or be there that they should.

The key point in resolving stress is to understand that when you have too much to do... it means you have to prioritize and choose what you do. The way that you prioritize is by defining what your life is about and what you stand for.

That you have two or more competing criteria to your issue means that you need to clarify and refine your sense of who you are and what you are about to a higher level.

This means digging deep into your sense of self and making a clear choice. Do I do this, yes or no? Which is more you? If you had to make a choice, which would you choose?

The art of living is really the art of choosing. The remaining posts in this series will be aimed at uncovering the dynamics that underlie making a decision.

If you stumbled upon this report by accident or someone shared it with you, you've missed a large chunk of the series.

You can catch up and get the full details by signing up at;

www.livewithoutconflict.com