

Coping with problems

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“The popular Tamil film comedian, Nagesh, was once asked how he coped with problems in life. To this he answered, and I paraphrase, “Problems are like small stones. However,

small a stone might be, if you hold it close to your nose and peer at it, it will appear large; move it away and its size will shrink. Likewise, distance the problem from you and it will not appear insurmountable.”

Often, we are overwhelmed by problems we face. This is not to say or discount the fact that a problem cannot actually be large. However, there is no problem, as we imagine, that does not have resolution. The question therefore, is how do we comprehend it, construe it and understand it. If we believe it is beyond us, we forsake our creativity and take on a victim role. Yet if we think it is solvable, we allow our ingenuity to surface and our wisdom becomes available to us.

John F. Kennedy, the famous US President, was purported to have once remarked (paraphrased), “All problems are human creations, so only human being can solve them.” The sage Ramana is also often quoted as having said that, “Man is both the originator and liberator of a problem.”

Given the belief that we create our problems, solving them need not be an issue. What is important, however, is to know where to look for the answers, and the answers, like Bob Dylan sang, “Is (actually) blowing in the wind,” that envelopes us.

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