THE PROBLEM

First, I try to understand the problem and after that I try to understand the source of the problem whether it is me or someone else. If the source is me, I try to fix it and if it isn't about me then I expect other people to fix the situation properly.

You need to define the problem first. You need to find the real problem there; not only signs. While defining the problem, you should mainly focus on the real source. You can give your importance to other details later. Starting the situation with defining the problem will make everything easier. We need to give crucial decisions in advance. Deciding can help you go further; and you can choose what to or how to do. We also need to think simple to see everything in detail; a complicated problem can be solved with simple thinking sometimes. We need to allocate time and divide it into smaller pieces and deal with them separately. If you can divide them into small pieces, it helps you to understand and solve the problem. You should understand what you know and don't know about the problem; then collect what you have in your hands and search the thing you need. Get all the information and try to guess the results; create a B plan for yourself. Plan B saves our lives many times! Think about the possible solutions and the effects of them on you and the people around you; create the best solution in your mind among others.Think about your resources in terms of time, money, effort, journey, etc.

I will give a clear example about this one. I have a friend whose name is Ahmet; the problem is that Ahmet has negative thoughts all the time. And I have been affected by this negatively; I shared this with Ahmet and we started to talk about this. Then, Ahmet bought about this issue himself and he tried to understand the reasons behind this. He has done many researches to help himself and he finally found the solution. And now we have a better friendship together.