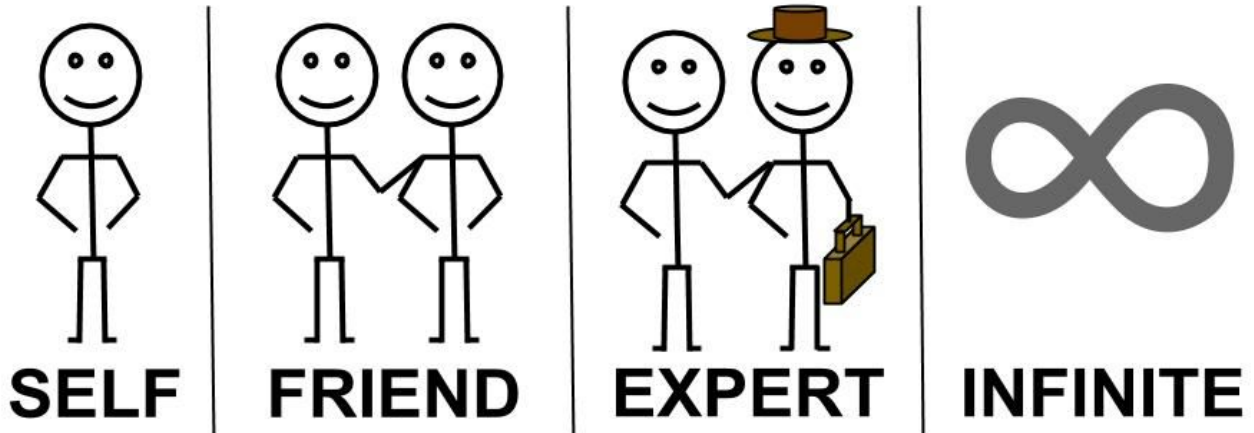


Four Kinds of Problems



In life we are faced with four kinds of problems. The four possible levels are: Self, Friend, Expert & Infinite. The difference between the four kinds is the answer to the question: How far do I need to escalate in order to fix this?”

- How can a non-professional person know how far they need to escalate in order to solve a given situation?
- People sometimes withdraw from life because they have an untreated psychiatric or physical problem. In such a case, of course, it makes sense for the individual to escalate to a medical Expert.
- Are there other (non medical) cases in which people withdraw from life - when all they really need is an encouraging Friend?
- Do people sometimes avoid escalating to a Friend because they are embarrassed to admit to their own role in maintaining a problem in their life?