



# Transforming Trouble

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# Introduction

In this world we live in, more often than not, people do not believe they have the power to change much that they witness. In truth, this is not the case. As we change and grow, the world around us changes and grows.

Because we cannot escape problems, the most powerful thing we can do is learn how to deal with them effectively and powerfully. This, in turn, guides us to intelligent responses and actions which inevitably lead to peaceful solutions, which then feeds our own empowerment.

We are what we feel. Therefore, it is safe to say we must go 'through' the problem to get out of the problem. We need to access our own emotions in relationship to the challenge and then drive them intelligently and appropriately.

The more unattached we are to outcome, the better chance we have of seeing a positive outcome. Through detachment, we view the situation with clearer eyes and an open heart. This, in itself is the first step to conflict resolution because we are actually laying the seed for the avoidance of conflict.

Problems and difficulties are often opportunities and lessons. Our personal power is directly connected to our ability to problem solve. If we use each challenge as an opening for our own advancement, our lives become exciting and exhilarating. We need never forget that fear begets fear. What we put out, we will indeed get back. So our mandate for ourselves needs to be calmness, clarity and confidence. We can access this through contemplation and patience. Being patient is important because to leave a problem too quickly is to ensure its return.

# Exercise 1

## The Power of Emotions

*Emotions and empowerment are Siamese twins -  
one cannot move without the other.*

We can use emotions that weaken our power - equally, we can use emotions that strengthen our power. The more we use our emotions that empower us, the more we develop our conflict resolution skills.

Which of these emotions are you most concerned about in yourself? Number them 1 - 5, 5 being the most you are concerned about and 1 being the least. Pick the 5 that bother you the most and write how you plan to change them.

### Emotions that weaken our power for conflict resolution

- \_\_\_ Feeling impatient
- \_\_\_ Feeling confused
- \_\_\_ Feeling resentful
- \_\_\_ Feeling jealous
- \_\_\_ Feeling fearful
- \_\_\_ Feeling doubting
- \_\_\_ Feeling bored
- \_\_\_ Feeling judgmental
- \_\_\_ Feeling irresponsible
- \_\_\_ Feeling cruel
- \_\_\_ Feeling deceptive
- \_\_\_ Feeling rigid
- \_\_\_ Feeling controlling
- \_\_\_ Feeling lethargic
- \_\_\_ Feeling pessimistic
- \_\_\_ Feeling shame

Name the 5 emotions that you are concerned about the most and how do you plan to transmute them?

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Which of these emotions do you trust in yourself? Number them 1-5, 1 being the lowest and 5 being the highest.

### Emotions that strengthen our power for conflict resolution

\_\_\_ Feeling open-minded

\_\_\_ Feeling committed

\_\_\_ Feeling willing

\_\_\_ Feeling compassionate

\_\_\_ Feeling wise

\_\_\_ Feeling sensitive

\_\_\_ Feeling pure

\_\_\_ Feeling optimistic

\_\_\_ Feeling forgiving

\_\_\_ Feeling generous

\_\_\_ Feeling calm

\_\_\_ Feeling peaceful

\_\_\_ Feeling conscious

\_\_\_ Feeling grateful

\_\_\_ Feeling understanding

\_\_\_ Feeling noble

Name the 5 emotions that you are concerned about the most and how do you plan to strengthen them?

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Name the 5 emotions that you feel are the strongest for you and how?

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## Exercise 2

### The Power of Peace

*Handling something well is nice but handling something that is difficult and staying peaceful...is true power.*

Which of these statements that lead to peaceful solutions do you find the easiest and which do you find the hardest? Number them 1-5, 5 being the hardest and 1 being the easiest. Taking the 3 hardest, write how you plan on transforming them.

*A person who empowers peace is one who...*

- \_\_\_ Maintains a good sense of humor.
- \_\_\_ Maintains humbleness and humility.
- \_\_\_ Has an awareness for everything involved.
- \_\_\_ Has a sensitivity towards the other person or persons.
- \_\_\_ Is not attached to outcome.
- \_\_\_ Quells the ego - stays in the heart.
- \_\_\_ Is direct and tells the truth.
- \_\_\_ Models self-respect and respect for others.
- \_\_\_ Listens intensely.
- \_\_\_ Is non-judgemental.
- \_\_\_ Has an inclusive attitude rather than an exclusive attitude.
- \_\_\_ Allows mistakes for ourselves and others.
- \_\_\_ Maintains integrity.
- \_\_\_ Is not afraid of feelings.
- \_\_\_ Does not avoid conflict.

Which are the 3 hardest statement for you and how do you plan on transforming them?

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Which are the 3 easiest statements for you and give an example as how you use them?

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# Exercise 3

## The Power of Wisdom

*Knowledge is learned - wisdom is our birthright.*

1. The reward of power is not what we receive from it, but in what we become by it.
2. To stop learning is to start dying.
3. If we escape problems - we escape growth.
4. When we are in denial about ourselves, we are usually in denial of a situation.
5. Any fault recognized is already on its way to be corrected.
6. If we trust, we do not worry – if we worry, we do not trust.
7. A winner is one who has unmerited a goodness towards others.
8. Mistakes are the inroads to our intelligence.
9. Heroes may be brave, but not all of those who act bravely are heroes.
10. Contentment can only be felt if we do not have attachments.
11. The more important ingredient to peace is listening skills.
12. Though we must use our head, decisions must come from our heart.
13. Think profoundly about details.
14. Never flatter anyone where not merited.
15. It's all personal, however don't take it personally.
16. Do not send away in judgment – send away in wisdom.
17. Dispel darkness by infusing enlightenment.
18. Repair corruption with authority.
19. Be the truth, regardless of popularity.
20. Lines between black and white can be clouded by an instant of unconsciousness.
21. Take on the decline of humanity through emotional intelligence.
22. Move away from inferior elements without feeling superior.
23. Overcome obstacles by understanding the reasoning behind them.
24. Victory comes from determination and is lost through vacillation.
25. Shame keeps us stuck in our old life – remorse propels us forward to a better life.

Which 3 wisdoms mean the most to you and why?

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Which 3 wisdoms are the most difficult for you and why?

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# Exercise 4

## The Power of Strategy

1. To lead it - live it.
2. There can be no peace through arrogance.
3. Saying the right thing is no proof of virtue.
4. Value sincerity above all other things.
5. Never act rashly or foolishly.
6. Eliminate things quickly that could cause resentment.
7. Use only virtue to attain the outcome you desire.
8. Victory can only be achieved through focus.
9. Be prudent, percise and preserve your energy.
10. The pathway to peace is paved with emotional intelligence.
11. Sacred opportunities should be kept secret.
12. Be ready to endure rejections; yet do not let them stop you.
13. Always consider the harm others can do before you make a decision.
14. To create peace, one must be strong in heart.
15. Be unyielding when you know something is right.
16. When you are in truth, others will be more uncomfotable lying.
17. Face problems with someone head on; do not talk behind their back.
18. Be strong like the bamboo shoot; know when to bend.
19. Ignoring someone worthy of listening to is ignorance.
20. The solid foundation of all relationships is based on loyalty.
21. Love is not a word - it is an action.
22. We are only as good as our words so do not waste them.
23. Do not flatter or boast - otherwise you are toast.
24. Stop talking when others are not listening.
25. Do not get involved with anything that will not benefit your destiny.
26. Study the problem, contemplate the solution then communicate.
27. Do not seek popularity, search for what is right.
28. Timing is everything so pick the right moment.

Which 3 strategies mean the most to you and why?

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Which 3 strategies are the most difficult for you and why?

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# Exercise 5

## Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

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2. Which exercise did you like the best and why?

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