

How to stop trying to fix, change, or solve other people's problems

Before launching into "fix-it" mode, try asking yourself these questions:

- Is this my issue or problem or is it someone else's problem that's affecting me?
- Is this a problem I can fix or change?
- Is changing this person or situation in my control?
- How can I redefine the problem so that I'm focusing on what's in my control?
- Do I have any influence?
- Did they ask for my help or ideas?
- Am I forcing my solutions and ideas onto someone?
- Am I helping or enabling? What's the difference?
- Why am I trying to solve this problem?
- Is this actually an attempt to manage my own fears and anxiety about what may happen? And if so, how else can I deal with uncertainty and feeling out of control?