

### **General Recovery - What To Do Without Your Problems**

Most people come to my office to try and solve a specific problem that has been troubling them for years. When that problem is near resolution, we usually end up having a conversation about how the person will occupy their time now that they don't have their problem as a focus. In fact, giving up most any problem or negative way of being necessitates figuring out what alternative pursuits one will be involved in. Many people have had such stressful childhoods or emotionally distant caregivers that no one has ever really dreamed dreams with them or helped them assess their own strengths, gifts, or passions. They have no vision for how they hope to make a difference on the earth. They end up being quite self-involved and are not really focused on the primary thing that research and the great religious teachers have shown us brings happiness—relationships, and their opportunities for service to others. The conversation then becomes about developing a sense of purpose. Typically, this leads to a wonderful period in the individual's life wherein they make an enormous shift from seeing what they can get out of their time on earth to seeing how much they can give. The giving begins with a change in how they relate to their own family and then extends to a fulfilling direct or indirect ministry to others. It is always my pleasure to watch people blossom in this way. So, if this is your time to grow into greater happiness through service to others, I applaud you and can guarantee you'll have fewer regrets when this life comes to a close!