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# Applying Logic and Grit to Problem-Solving

Nicholas Pollak / October 26, 2015 /

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I recently saw Matt Damon in “The Martian” because when I read the book, I could not stop until I had finished.

Even NASA has applauded the film’s technical accuracy.

I was struck by was the attitude of the main character who said stoutly and repeatedly that one never gives up. Best way: Address each problem as it arises and think your way through. Do not fret over what came before or what looms next.

He was right.

And now to illustrate:

Attending a city-sponsored day at the park a few years ago, I was handing out cards and flyers about hypnosis when a mid-30s woman approached.

She had problems following through on projects, completing them. She would give up when the task became too difficult.

She did not get it. I showed her what I meant.

Across the park was a chain link fence with a brick wall on the other side. I suggested the brick wall was her goal. How would she reach it with obstacles in the way?

We looked at the problem together.

Breaking down the barriers into single smaller objects, she would succeed.

A long, tall stack of chairs was arrayed in front of her. Beyond the chairs was a flooded basketball court, with the chain link fence adjacent to it.

The woman complained that the chairs blocked her route. Find a solution, I said. She could climb over, dig under, go around or move some of the chairs.

Instead of giving up, she thought her way through.

The next challenge was the flooded basketball court. Warming to the task, she said she would remove her shoes and socks, and walk through or go around the water.

Confronted next by the chain link fence, she acknowledged her options: Scale the fence, dig under it, find a gate, use wire cutters.

She found a gate but it was locked. Without a shovel or wire cutters, she opted to scale the fence. Reaching the wall, she had attained her goal.

Thrilled, she became a changed person because she understood the principles. A year later she told me our little experiment in the park and converted her into a go-getter.

Now she looks at a problem unemotionally, decides the work that needs to be done, organizes and works the plan.

***Do not hesitate to contact me by telephone, 310.204.3321, or by email at [nickpollak@hypnotherapy4you.net](mailto:nickpollak@hypnotherapy4you.net)***

3 of 11 ***(<mailto:nickpollak@hypnotherapy4you.net>). See my website at***



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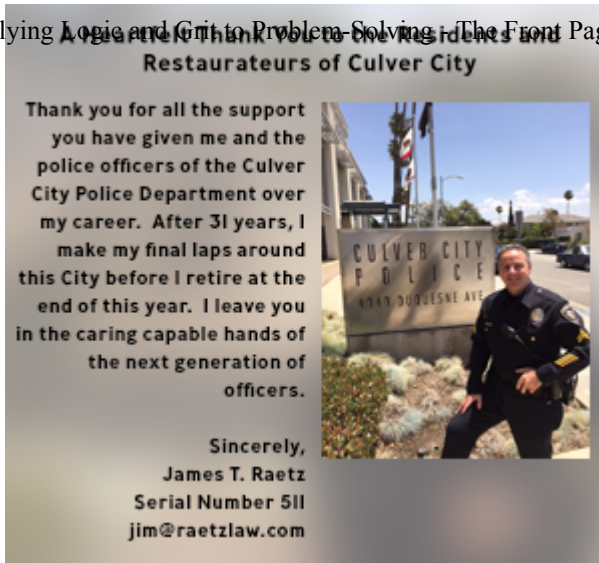
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November 22, 2015

“STRAIGHT WHITE MEN” Written and Directed by Yo

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