

Adapt and Overcome

Introduction -

Everyday we solve all types of problems in the following way:

Problem → Story → Facts → New Story → New Problems (Back to the Beginning)

We identify a **problem** when our experience of **reality (facts)** comes in conflict with our preconceived **stories** about reality. We assess our stories for assumptions and begin identifying the facts relevant to the problem. Based on the facts we come up with some reasonable assumptions to create a new story. Thus, making an attempt to solve the problem. In doing so, we'll run into new problems and the cycle will begin again.

Goal -

The goal of the video (link below) and the following set of questions is to introduce you to the **mental skills** that allow us to navigate the problem solving process above. The broader implication is that by consciously practicing these skills on ourselves we are then able to communicate more effectively in groups. This facilitates more understanding between individuals in families, friend circles, schools, and organizations as we try to solve problems together.

Key Point -

The idea of story is central to my thesis on how we solve problems. I define stories as facts weaved together in a coherent narrative by assumptions. When I use the word 'story', think *perspective, paradigm, mentality, attitude* etc. Stories help us make logical sense of uncertainty/unknowns in the world. Significant problems come about when there is a large disparity between our story and the reality we experience. Keep this in mind as you watch the video and answer the questions that follow.

Watch the following video: [Adapt and Overcome](#)

Part 1 - Video Review

1. Stories are influenced by 3 sources: Society, Family, and Self. In the video, I describe the story I had about success. In your own words, describe how the story I formed about success was influenced from each of the following sources:
 - a. Society-
 - b. Family-
 - c. Self-

2. In order to more accurately identify the problem we have to be able to separate what we know to be true (facts/reality) from the assumptions in our story.
 - a. What were my assumptions about Engineering as a career field?

 - b. What were the main emotional challenges I described when I began working as an Engineer and what were the environmental factors that caused those emotions?

 - c. In order to deal with some of the immediate/severe problems caused by Engineering, I decide to leave the career field. However, this leads to a new set of realities (facts) that lead to new problems. What were the 3 main facts about this transition (moving toward a new story) that I outline in the video?

Conflict between two people or groups, arising out of a difference in story around a particular issue. Were there people in your life who saw problems with your course of action (New Story)? Were their concerns based on factual evidence that they presented or assumptions that they were making?

- c. What aspects of character and personal development were challenged for you in this process and why?

Final Thoughts -

My theory is that we all utilize stories in order to organize the world around us. A world filled with well over 7 billion people with unique life experiences. Inevitably, life will have unknowns and sometimes we will encounter situations that our stories couldn't have predicted. It's my belief that if we can learn to hold our stories with an open hand it will then make us much more mentally adaptable and ultimately more resilient against challenges.

The flow I present at the beginning of this exercise is a guide to help you, but it's not perfect. It's also not rigid. You may feel the sequence would work better in a different order. Whatever the case, I do firmly believe that we become most aware of **problems** when presented with **realities (facts)** that differ from our **stories**. The more you practice seeing this in your own life the better you will be able to utilize it to more quickly adapt to new realities and more confidently solve new problems.

Learn more at <https://TravisDaigle.com>