

Long-lasting Solutions to Our Problems

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In the 21st century, many people are searching for an external solution to their individual problems. While this may seem easy, it does not solve the problem permanently. Internal solutions to problems are a more intense, more prolonged and sometimes more difficult way to solve a problem but when one finds an internal solution, the problem can be permanently solved and a more lasting solution ensured.

There are a number of ways in which our culture encourages us to find solutions to a problem, among which are private counseling, Alcoholics Anonymous meetings, community meetings, programs such as Lifenet, and others.

Agencies that encourage internal solutions, such as Alcoholics Anonymous, are advertised on the radio and television every day. AA meetings, for example, and their 1-800 numbers are advertised in the newspaper and on the subways and busses. I even recall one particular day when the organizers of the Coney Island AA came to my neighborhood and handed out pamphlets and information telling where and when their meetings were taking place.

In addition, there are so many different types of counseling available for different purposes and problems. In Kingsborough Community College, for example, there are posters and pamphlets everywhere that publicize programs designed to help students who are not sure what their academic goals are. On TV, in bride magazines and on radio talk shows, there are telephone numbers advertised of agencies that provide marriage counseling. These advertisements,

particularly in the bride and parents magazines, give examples of people for whom these counseling meetings have been beneficial.

Lifenet is another example of an organization that helps people to find internal and long-lasting solutions to their problems. Lifenet is a halfway house for teenagers who are having difficulty dealing with an issue or who are really confused about being accepted among their peers. Lifenet advertises by putting up posters and having seminars and discussions in high schools and juvenile homes. Sometimes they too go into neighborhoods and hand out pamphlets to teenagers on the streets to make these teenagers aware that they don't have to indulge in drugs or alcohol to make their problems go away. The teenagers can call Lifenet and there is help.

When my niece was having problems accepting the death of her mother and was blaming her mother's death on her father, because there had been a lot of marital problems between her father and mother, she ran away from home and to my house and told me how she felt. Not knowing how else to help her, I remembered the Lifenet advertisement I had seen on the train, told my niece about the program, and together we called 1-800-LIFENET and scheduled an appointment for her.

She went to the Lifenet meetings, where the counselors talked to her and provided her with groups of teenagers who were having the same problems. Lifenet also counseled her father and provided her with a "Big Sister". Now she is back home with her father and things are really working out between father and daughter.

Looking for an internal solution is the most effective and lasting way to solve a problem. Programs such as AA and Lifenet, counseling, and other options are readily available for society to utilize.

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