

Gauging My Problems



Sometimes during our adult life we have problems that bother us.

Sometimes the problems feel really big, but, compared to other problems they are not so important.

I need to learn how to rate or gauge if a problem is big or small on a scale of 1-5.

Everyone feels problems differently, but, as an adult I have to be close to the same scale as other adults.

I need to acknowledge the problem so that I can move on with my day.