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(Release on receipt)

SUBJECT: "Are You Fed-up with the Set-up?" Information from the Agricultural Extension Service, U. S. Department of Agriculture.

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Problems...those things that keep cropping up in the course of human events... were named from two Greek words...meaning to throw before.

Maybe that's why they keep throwing themselves in the way...but if the process is reversed...and something is thrown in the way of problems...they have a delightful habit of becoming less conspicuous. Sometimes they even disappear.

What it takes to stymie a problem...depends upon the nature of the critter. If it is dangerous...courage will help; if it's a problem of failure...understanding and the urge to try again can be thrown in its way.

It's wonderful what powers the human frame holds...when you stop to consider them. To meet pain, there's endurance...to meet sorrow, happy memories...for blame, there is patience and kindness. These are a few of our strengths.

Since many problems call for more than one strength...a pattern is often needed for the best selection and use of our powers.

The first thing, naturally, is to face Mr. Problem squarely. This is often the hardest part...we'd much prefer to dodge...and hope...miserably...that it will take itself away somewhere.

But alas, it never does....so make yourself ask just what it is that troubles you....and why you think it a problem. In other words...find out what you are afraid of...that's usually the basis of difficulty.

Once this is decided...find out the cause. Troubles don't generally just spring up over night...they usually develop over a long period. So find out what has been happening...and why it is a problem now.

The next step is to set your goals. What is it that you want to accomplish for yourself and for others? Give some honest thinking on just what you'd like the situation to be.

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At this point, call your imagination to the fore. Put yourself as honestly as possible in the place of the other persons concerned....and try to understand their thinking too.

Then you are ready to consider what you could do. Think about all sorts of actions in relation to your goals. Discard any action that does not attain the goal you want.

When you have decided what to do, plan how to do it. This will take more thinking and time....for you will need help from others...and you should plan each step in detail.

Now you will begin to feel a little less tense about the whole thing....but don't relax yet. That's fatal. Before you hurl your plan in the way of the problem, check your plan with your goals. This is a sort of insurance, you know, against getting off on a pretty but purposeless idea. You might find that you'd like to add or subtract to the general plan.

The last step is to decide upon some method of checking results. If the plan is put into action, what will tell you it is working properly? This is an important step, for if the plan is not improving the situation, it should be abandoned.

Finally you are ready to go into action....with one last caution. Don't expect miracles. Frequently the solution lies in providing a series of experiences that require patience.

Sometimes too, the difficulty is too complex for the average person. In such a case, turn to professional help. Sometimes the family doctor or the pastor of your church will give the friendly help you seek.

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