

Driving licence to the world of feelings

Everyone is constantly faced with problems large and small which must be solved. These problems can be divided into two categories, depending upon whether they are more concrete in nature or more emotional.

Concrete problems come from the “world of facts” and can usually be dealt with by rational methods, experience and professional or technical know-how.

Problems from the “world of feelings” take longer to deal with. They are more difficult to see through. They hurt, and create frustration. All in all, they cause us more worry than problems from the world of facts.



EXERCISE 13: Problems in the 2 worlds

The purpose of this exercise is to increase awareness of where your most difficult problems arise – in the world of feelings or the world of facts.

On the chart on page 117, list in the left hand column some of the more difficult problems you are experiencing right now, or have experienced during the last 12 months.

In the next column, describe the factors – as you see them – which go into making up this problem, and try to describe the causes as you experience them.

Indicate – by placing an \times in one of the two columns to the right – whether you think the problem comes from the world of facts or the world of feelings.

The square symbolises the world of facts. The heart symbolises the world of feelings.

Problems from the world of facts are concrete, tangible problems which, are usually easy to describe in a rational and objective manner. These problems are technical, economical or professional.

Problems from the world of feelings are completely different. They are often difficult to describe and make tangible because they depend on the individual's attitudes and experiences. These problems are related to, e.g. co-operation, communication, relationships and feelings.

