

# Why Your Best Friend Is Not Problem Solver: Busting the Myth

## The Myth of Best Friends as Problem Solvers

Best friends are often seen as the ultimate support system in our lives. We turn to them for advice, emotional support, and a shoulder to cry on. However, when it comes to solving our problems, relying solely on our best friend might not always be the best approach. While they can offer valuable insights and help, it is important to recognize the limitations of their role as problem solvers.

## Understanding the Role of a Best Friend

A best friend is someone who knows us intimately, understands our strengths and weaknesses, and is always there to lend a listening ear. They provide emotional support and can offer different perspectives on our difficulties. However, their primary role is not to solve our problems but to be a friend, offer support, and provide empathy.

## Limitations of a Best Friend as a Problem Solver

1. Subjective Bias: Your best friend knows you well, but their advice may be influenced by their own personal experiences, biases, and opinions. This can limit the objectivity required to find the best solution for your unique situation.

### Why Your Best Friend Is Not a Problem Solver: Stories 6 - A true friend gives us much more than solutions (Zen Michael Stories)

by Farah Naz Rishi (Kindle Edition)

★★★★☆ 4.3 out of 5

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2. Limited Expertise: Best friends are not necessarily experts in the areas where you are seeking solutions. They may not possess the specialized knowledge or skills required to provide effective problem-solving strategies.

3. Emotional Involvement: Best friends are emotionally invested in your well-being, which can cloud their judgment. They may prioritize your emotional comfort over making tough decisions that could actually solve the problem at hand.

## **The Importance of Diverse Perspectives**

While your best friend's perspective is valuable, it is essential to seek input from a diverse range of sources. This could include professionals, mentors, or trusted advisors who can provide objective insights and expertise in the specific area you are facing challenges.

## **Finding Effective Problem Solvers**

1. Identify the Problem: Clearly define the problem you are facing. Understanding the root cause and any underlying factors will help you determine the appropriate resources needed for effective problem-solving.

2. Seek Expert Help: Depending on the nature of the problem, consider consulting experts in the relevant field. They have the knowledge and experience to provide specialized guidance specific to your situation.

3. Network and Mentorship: Build a network of individuals who can offer diverse perspectives and mentorship. These individuals, with their varying experiences, can provide valuable insights and alternative solutions that you may not have considered before.

## The Role of Your Best Friend

Your best friend remains an essential part of your support system, providing emotional support, understanding, and encouragement throughout your journey. Their role in problem-solving shifts to being a sounding board, someone who can listen as you discuss your challenges and potential solutions.

While your best friend is a valuable presence in your life and can offer emotional support, it is important to recognize their limitations as problem solvers. Broadening your network and seeking advice from experts or mentors in the field can provide you with a well-rounded perspective and help you find effective solutions to the challenges you face. By understanding the roles of different individuals in your life, you can create a strong support system that can withstand any problem that comes your way.



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We tend to consider that the friends who can help us the most are those who, in addition to always being available to listen to us, are always ready to tell us what to do. Those who are always ready to propose a quick solution to the problems we share with them.

Our starting point, our first reason, is to think that we are going to tell a friend a problem and that he is going to give us solutions to solve that problem. We think this is the role of a true friend.

Although this reasoning may make some sense in an ideal world, in the real world it turns out not to be so — perhaps these are not the friends who help us the most.

In this book, I share my view on how friends can help us and on what is the role of true friends.

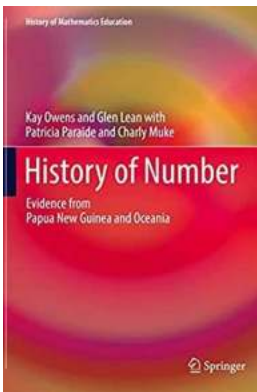
Remember you can always find peace and joy — just look inside yourself.

Zen Michael



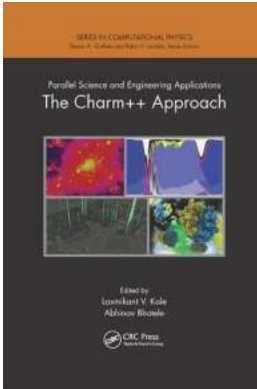
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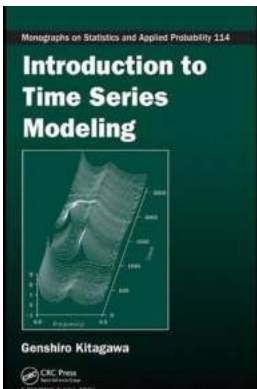
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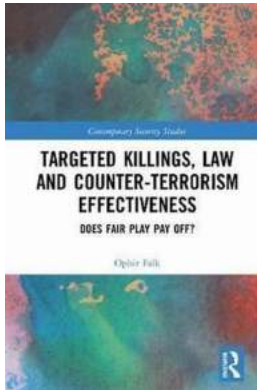
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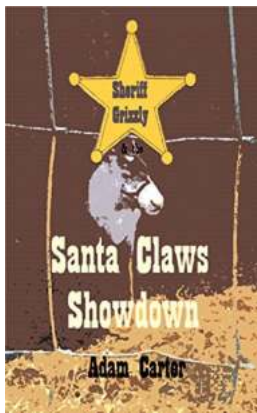
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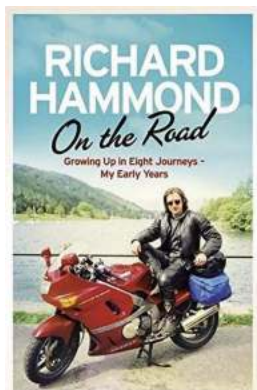
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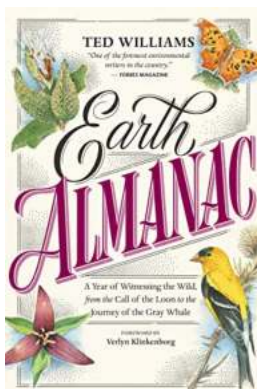
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