PROBLEM, SOLUTION.

👉 Unsure → Analyze (PSC123)
👉 Sure → Apply Proven Solution

When unsure then PSC123
PROBLEM. Question
SOLUTIONS. write all options pros cons
CRITERIA. Goals, Needs.

When sure of tested solution then PSR
PROBLEM: Name the situation/problem
SOLUTION: Name the proven solution
REASON this is a good solution: BECAUSE or BENEFIT: (PSB)
• Pros, Benefits
• Cons avoided. Prevents problems, mistakes, regrets.
• Meets goals, needs, criteria

BB. IF this problem/situation then do this action because of these reasons.
BB. God says…

"Temptation → Flee + PSC123"
——————

Use this library to see proven solutions to common problems.
If you're unsure, analyze using PSC123.
If you're sure, apply the solution and note the reasons to reinforce your decision-making skills."
 Main Library Page (Hub)
   • Short introduction:
     "This library contains common life problems and proven solutions using the DM101 method. Each
     category is a separate post for easy reference."

   • **Category links (spokes)**:
        1. Life Difficulties → [Link to Life Difficulties post]
        2. Relationships → [Link to Relationships post]
        3. Work / School → [Link to Work / School post]
        4. Finances → [Link to Finances post]
        5. Spiritual / Moral Choices → [Link to Spiritual / Moral Choices post]
        6. Habits / Self-Control → [Link to Habits / Self-Control post]
        7. Health / Fitness → [Link to Health / Fitness post]
   • Optional: small **search bar or filter** so users can type a keyword and find a problem quickly

Scenarios
Problem → Solution → Reason

Category 1: Everyday Life / Productivity

1.
PROBLEM: Car doesn't start
SOLUTION: Call AAA and take it to a mechanic
REASON: They can fix the car safely and ensure transportation.

2.
PROBLEM: Running late for an appointment
SOLUTION: Call ahead to let them know and adjust schedule
REASON: Shows responsibility, reduces stress, and preserves relationships.

3.
PROBLEM: Forgetting an important task
SOLUTION: Use a planner or set phone reminders
REASON: Prevents missed deadlines, reduces stress, and improves reliability.

4.
PROBLEM: Impulse online shopping
SOLUTION: Wait 24 hours and review need vs want
REASON: Avoids buyer's remorse, saves money, and meets financial goals.

5.
PROBLEM: Overcommitting to tasks
SOLUTION: Prioritize and say "no" to low-priority requests
REASON: Protects time, reduces stress, and maintains focus on important goals.

6.
PROBLEM: Poor work habits
SOLUTION: Use time-blocking and set reminders
REASON: Increases productivity, builds discipline, and meets career/learning goals.

7.
PROBLEM: Trouble remembering deadlines
SOLUTION: Use a calendar or app to track important dates
REASON: Increases reliability, reduces stress, and prevents missed tasks.

8.
PROBLEM: Difficulty completing a big project
SOLUTION: Break it into smaller tasks with deadlines
REASON: Increases focus, reduces overwhelm, and improves completion rate.

9.
PROBLEM: Overloaded with notifications
SOLUTION: Turn off non-essential notifications and schedule focused work time
REASON: Reduces distraction, improves productivity, and preserves focus.

10.
PROBLEM: Temptation to procrastinate on homework
SOLUTION: Set a timer for focused work with short breaks
REASON: Increases focus, ensures progress, and builds discipline.

11.
PROBLEM: Decision under pressure
SOLUTION: Pause and say, "I don't know, let me think," then use PSC123
REASON: Reduces hasty decisions, allows thoughtful options, and aligns with wise decision-making.

Category 2: Emotions / Anxiety / Mindset

12.
PROBLEM: Feeling overwhelmed with schoolwork
SOLUTION: Break tasks into smaller steps and use a schedule
BENEFIT: Reduces stress, increases productivity, and meets learning goals.

13.
PROBLEM: Feeling nervous before a test
SOLUTION: Review key points and take deep breaths
BENEFIT: Builds confidence, improves focus, and enhances performance.

14.
PROBLEM: Anxiety about public speaking
SOLUTION: Prepare notes and practice in front of a mirror
BENEFIT: Builds confidence, reduces fear, and meets performance goals.

15.
PROBLEM: Feeling discouraged
SOLUTION: Reflect on past successes and write a gratitude list
BENEFIT: Improves mindset, motivates action, and supports emotional health.

16.
PROBLEM: Feeling stressed about an upcoming decision
SOLUTION: Write out options with PSC123 and test consequences
REASON: Reduces anxiety, clarifies choices, and supports wise decisions.

17.
PROBLEM: Feeling shy in new situations
SOLUTION: Prepare questions or conversation starters
REASON: Builds confidence, encourages connection, and reduces anxiety.

18.
PROBLEM: Feeling nervous about a social event
SOLUTION: Prepare conversation topics and practice confidence
REASON: Reduces anxiety, builds social skills, and improves experience.

19.
PROBLEM: Feeling stressed about deadlines
SOLUTION: Prioritize tasks, make a schedule, and tackle one task at a time
REASON: Reduces stress, improves productivity, and ensures deadlines are met.

20.
PROBLEM: Feeling discouraged about goals
SOLUTION: Break goals into smaller steps and celebrate progress
REASON: Boosts motivation, reinforces progress, and prevents giving up.

21.
PROBLEM: Feeling frustrated with slow progress
SOLUTION: Focus on small wins and track incremental improvement
REASON: Boosts motivation, reduces frustration, and reinforces persistence.

22.
PROBLEM: Feeling bored or unproductive
SOLUTION: Identify a constructive task or learning activity
REASON: Increases focus, encourages growth, and reduces wasted time.

Category 3: Relationships / Communication

23.
PROBLEM: Friend wants me to join a risky activity
SOLUTION: Politely decline and suggest a safer alternative
REASON: Protects safety, preserves friendship, and honors personal boundaries.

24.
PROBLEM: Conflict with roommate
SOLUTION: Have a calm conversation to find compromise
REASON: Resolves issue constructively, maintains relationship, and meets harmony goals.

25.
PROBLEM: Argument with a friend
SOLUTION: Pause, reflect, and approach with calm words
REASON: Reduces tension, maintains friendship, and promotes understanding.

26.
PROBLEM: Tension with a family member
SOLUTION: Schedule a calm discussion to express feelings
REASON: Clarifies misunderstandings, strengthens bonds, and resolves conflict.

27.
PROBLEM: Friendship tension
SOLUTION: Ask for their perspective and share yours respectfully
REASON: Clarifies misunderstandings, strengthens trust, and meets relationship goals.

28.
PROBLEM: Disagreement with coworker
SOLUTION: Listen actively and suggest compromise
REASON: Resolves conflict, strengthens teamwork, and maintains professional relationships.

29.
PROBLEM: Conflict with a teacher or manager
SOLUTION: Schedule a respectful meeting to clarify expectations
REASON: Resolves misunderstanding, strengthens communication, and maintains professionalism.

30.
PROBLEM: Someone interrupts or criticizes unfairly
SOLUTION: Pause, assess, respond calmly
REASON: Maintains composure, prevents escalation, and models maturity.

31.
PROBLEM: Feeling lonely
SOLUTION: Reach out to a friend or join a social group
REASON: Builds connection, improves mood, and supports social health.

Category 4: Values / Integrity / Spiritual

32.
PROBLEM: Temptation to lie
SOLUTION: Speak the Truth in love. Explain your perspective
REASON: Maintains integrity, prevents guilt, and aligns with personal values.

33.
PROBLEM: Temptation to gossip
SOLUTION: Stay silent or redirect conversation positively
REASON: Maintains integrity, prevents conflict, and fosters trust.

34.
PROBLEM: Temptation to overshare
SOLUTION: Pause and think about consequences before speaking
REASON: Protects privacy, maintains boundaries, and prevents regret.

35.
PROBLEM: Someone gives bad advice
SOLUTION: Test advice using CABB, then decide with PSC123
REASON: Avoids poor outcomes, encourages critical thinking, and aligns decision with truth.

36.
PROBLEM: Feeling tempted to quit a challenge
SOLUTION: Break challenge into smaller tasks and take one step at a time
REASON: Builds resilience, ensures progress, and strengthens perseverance.

37.
PROBLEM: Feeling tempted to give up on learning
SOLUTION: Break lessons into small steps and reward progress
REASON: Builds persistence, reinforces learning, and encourages mastery.

38.
PROBLEM: Feeling tempted to compare yourself to others
SOLUTION: Focus on your own progress and set personal goals
REASON: Improves self-esteem, encourages growth, and reduces negative emotions.

39.
PROBLEM: Feeling tempted to respond angrily
SOLUTION: Pause, take deep breaths, and respond calmly
REASON: Prevents conflict, models maturity, and preserves relationships.

40.
PROBLEM: Confusion about advice
SOLUTION: Test advice using CABB, decide with PSC123
REASON: Avoids mistakes, aligns decision with truth, and reinforces learning.

Category 5: Health / Habits / Self-Care

41.
PROBLEM: Want to improve fitness
SOLUTION: Schedule a 30-minute daily walk and track progress
REASON: Improves health, builds consistency, and meets fitness goals.

42.
PROBLEM: Feeling unmotivated to exercise
SOLUTION: Start with a 10-minute workout routine
REASON: Builds habit, improves energy, and promotes health.

43.
PROBLEM: Temptation to eat unhealthy snacks
SOLUTION: Prepare healthy snacks in advance
REASON: Supports health, reduces impulsive eating, and maintains energy.

44.
PROBLEM: Trouble falling asleep
SOLUTION: Establish a calming nighttime routine and limit screens
REASON: Improves sleep quality, reduces fatigue, and supports health.

45.
PROBLEM: Temptation to overeat at a social event
SOLUTION: Eat mindfully and choose balanced portions
REASON: Maintains health, prevents regret, and builds self-control.

46.
PROBLEM: Feeling stressed by household chores
SOLUTION: Make a schedule and tackle tasks in short sessions
REASON: Reduces stress, increases efficiency, and keeps environment organized.

47.
PROBLEM: Feeling anxious about health
SOLUTION: Research reliable sources and consult a doctor if needed
REASON: Reduces fear, ensures accurate information, and promotes wellbeing.

48.
PROBLEM: Feeling tempted to avoid exercise
SOLUTION: Schedule short, enjoyable workouts consistently
REASON: Builds health, establishes routine, and reduces stress.

49.
PROBLEM: Feeling tempted to overshare online
SOLUTION: Pause and think about consequences before posting
REASON: Protects privacy, maintains boundaries, and prevents regret.

50.
PROBLEM: Feeling tempted to quit learning something difficult
SOLUTION: Break lessons into small steps and reward progress
REASON: Builds persistence, reinforces learning, and encourages mastery.

Category 6: Life Difficulties

51. "Temptation → Flee + PSC123"
PROBLEM: Tempted to addict to escape my feelings and reality.
SOLUTION: Flee temptation. Write PSC123 and read Psalms. Talk to someone.
REASONS: Godpleasing, beneficial MSSPEL. prevent trance or insanity or regret.

52.
PROBLEM: Feeling hopeless after failure
SOLUTION: Reflect on lessons, make a small next-step plan, and take action
REASON: Builds resilience, restores confidence, and promotes growth

53.
PROBLEM: Financial stress or debt
SOLUTION: Make a budget, reduce unnecessary expenses, and seek advice
REASON: Reduces anxiety, prevents worsening debt, and restores control

54.
PROBLEM: Tempted to lash out in anger
SOLUTION: Pause, take deep breaths, write down feelings, and respond calmly
REASON: Prevents regret, maintains relationships, and models self-control

55.
PROBLEM: Feeling lonely or isolated
SOLUTION: Reach out to friends/family or join a supportive group
REASON: Builds connection, improves mood, and reduces negative thoughts

56.
PROBLEM: Facing a major life change (move, job, school)
SOLUTION: Make a step-by-step plan and seek guidance
REASON: Reduces overwhelm, increases preparedness, and promotes smooth transition

57.
PROBLEM: Struggling with self-doubt
SOLUTION: Write strengths and past successes, then set small achievable goals
REASON: Builds confidence, encourages progress, and counters negative thinking

58.
PROBLEM: Tempted to give up on a relationship
SOLUTION: Pause, identify issues, communicate clearly, and seek constructive solutions
REASON: Preserves meaningful relationships and reduces regret

59.
PROBLEM: Feeling overwhelmed by responsibilities
SOLUTION: List priorities, delegate where possible, and tackle tasks one at a time
REASON: Reduces stress and increases effectiveness

60.
PROBLEM: Experiencing grief or loss
SOLUTION: Allow yourself to feel, talk with trusted people, and take care of your body and mind
REASON: Supports healing, reduces emotional strain, and promotes recovery

61.
PROBLEM: Tempted to avoid responsibilities due to fear
SOLUTION: Use PSC123 to list options, test consequences, and take a small first step
REASON: Encourages action, reduces fear, and builds courage

62.
PROBLEM: Feeling trapped in a toxic environment
SOLUTION: Identify escape options, create a plan, and seek support
REASON: Promotes safety, well-being, and long-term freedom

63.
PROBLEM: Facing a moral dilemma
SOLUTION: Evaluate options using REASON, PSC123, and ethical criteria
REASON: Helps make a principled decision and reduces future regret

64.
PROBLEM: Feeling overwhelmed by past mistakes
SOLUTION: Reflect, learn, forgive yourself, and make a better plan forward
REASON: Encourages growth, reduces guilt, and restores agency

65.
PROBLEM: Experiencing repeated failure at a goal
SOLUTION: Analyze why previous attempts failed, adjust strategy, and try again
REASON: Increases likelihood of success and builds resilience

66.
PROBLEM: Depressed because …
SOLUTION: Talk to someone. Exercise. Hobbies. Read Psalms. Assertive, PSC123. CAB.BB.
              MSSPEL: Take care of self Mental Spiritual Social Physical Emotional Life goals/habits
REASON: happier, can help others

Existing Problem → Solution Libraries (Real Examples)
1. Cognitive Behavioral Therapy (CBT) Coping Skills Lists
2. 12-Step Recovery Programs
3. Biblical Counseling "Put Off / Put On" Lists
4. Habit and Self-Improvement Playbooks
5. Military / Emergency Checklists

Existing Problem → Solution Libraries (Real Examples)
1. Cognitive Behavioral Therapy (CBT) Coping Skills Lists
These are probably the closest psychologically.
They often look like:
Problem:
Anxiety spike
Solution:
Use grounding exercise, deep breathing, reality testing
Reason:
Reduces emotional intensity and restores rational thinking

Common CBT Libraries Include:
• Anger coping strategies
• Depression response tools
• Anxiety coping tools
• Distorted thinking corrections
• Conflict resolution responses

✅ Evidence-based

✅ Widely used by counselors

❌ Usually emotion-focused only

❌ Not full life decision systems

❌ Rarely include goals/criteria analysis

2. 12-Step Recovery Programs
(Very strong problem → solution structure)
Example:
Problem:
Craving addiction substance
Solution:

Call sponsor, attend meeting, avoid triggers
Reason:
Breaks isolation and prevents relapse patterns

These programs often have **very detailed solution libraries** for:
- Temptation
- Emotional triggers
- Relationship conflict
- Relapse prevention

✅ Extremely practical

✅ Memorization-based

❌ Mainly addiction focused

❌ Not broad life decisions

3. Biblical Counseling "Put Off / Put On" Lists
These are surprisingly close to what you're doing.
Example:
Problem:
Anger
Solution:
Pause, speak gently, pursue reconciliation
Reason:
Reflects biblical character and prevents relational damage

Common categories:
- Pride → Humility
- Fear → Trust God
- Bitterness → Forgiveness
- Laziness → Diligence

✅ Strong moral & truth-based reasoning

❌ Usually behavior-focused

❌ Often missing structured option analysis

4. Habit and Self-Improvement Playbooks
Books like:
• Atomic Habits
• Tiny Habits
• Getting Things Done
• Life coaching frameworks

Contain many mini problem-solution patterns like:
Problem → Habit → Benefit
Example:
Problem:
Can't stay organized
Solution:
Use daily capture list
Reason:
Reduces mental overload and forgotten tasks

✅ Very practical

❌ Usually productivity focused

❌ Rarely values-based

❌ Rarely decision-analysis based

5. Military / Emergency Checklists
(Another interesting parallel)
Example:
Problem:
Engine failure
Solution:
Follow emergency checklist sequence
Reason:
Prevents panic and ensures proven recovery steps

These are essentially **high reliability problem-solution libraries**.

✅ Extremely effective

❌ Narrow domain

❌ Not personal life focused

⭐ The Big Gap You Accidentally Found

There is actually **very little** that combines:
• Emotional problems
• Moral problems
• Everyday life problems
• Relationship problems
• Productivity problems

- Decision analysis
- Memorized proven solutions

Most systems specialize in just one.

🧠 What You Are Building Is Closest To…

A hybrid of:
- CBT coping skill library
- Biblical counseling transformation lists
- Recovery program response scripts
- Decision science evaluation tools
- Habit formation playbooks

That combination is pretty rare.

📊 Another Way To See It

Most systems answer only ONE question:

System Type	Main Question Answered
CBT	How do I feel better?
Recovery	How do I avoid relapse?
Productivity	How do I get more done?
Biblical counseling	How do I respond righteously?
Decision science	Which option is best?
Your system	How do I think right AND choose right AND remember proven solutions?

👍 Why Problem → Solution Libraries Are Powerful

You already noticed something important cognitively:

Humans learn faster through **pattern recognition and memory shortcuts**.

Once someone knows:

"Temptation → Flee + PSC123"

They skip analysis and go straight to wise action.

That is exactly how expert decision makers function.

📚 Are There Published Universal Lists Like Yours?

Short honest answer:

👉 Not really.

There are many **partial libraries**

There are few **integrated life libraries**

You are actually filling a real educational gap.

⭐ If You Continue Developing This…

You may eventually create something similar to:
• A decision encyclopedia
• A counseling quick-reference manual
• A discipleship habit guide
• A life skills curriculum
Possibly all four.

🧭 One Interesting Direction You Might Consider Later

Many successful systems end up having TWO companion tools:
Tool 1 — Analysis Tool
(Your PSC123 / CABB worksheet)
Tool 2 — Quick Reference Library
(Problem → Proven Solution list)
You are already moving toward that naturally.

Specialized Libraries
Examples:
• Teen decisions
• Marriage / family
• Temptation / addiction
• Anxiety / emotional struggles
• Leadership decisions
You are already starting to see categories forming naturally.
That is usually how strong systems grow.