

## How To Move On From Problems Fast: Genealogy Options for Success!

We unfortunately, are all effected by problems around us. Problems are a part of life. But do they have to be such a big, harrowing and lingering part of life? I'm not so sure. In most cases we can take simple steps to move on from problems and for most day-to-day problems, we can move on very quickly. Of course when a problem arises it's totally normal to have a moment of complaining and maybe even blaming, perhaps we have an angry outburst. Tears and fear may also arise – that's all OK. But hanging around for too long in those emotions and in that state of mind doesn't help us. Here's how to get out of that rut and move on by progressing from the problem.

When we feel burdened when we have discouraging days, when our hope is not perfectly bright, and/or when we are lacking in love of all men, we can *still* choose to press forward. Aren't those the stories we love to read—of the faithful ancestors who have learned and lived the principles of resilience? These demonstrations of faith and courage show us how we can press forward with a steadfastness of our ancestors. Yes, there will be times when we feel prayers are not answered in ways that we hoped.

Doing genealogy can likewise hit many road-blocks or brick walls in our search for our family roots because finding records or relatives to network with can be quite a challenge.



The recent post of mine dated January 19, 2022, **Perfect Time To Set GOALS: New Year Blessings If You Establish Realistic Goals** at <http://www.kuzmich4.com/Facebook/Goals.pdf>, dealt with setting goals that are both realistic and attainable.



Here are four ways to overcome nagging research problems.

### **1. Acceptance**

Be angry and upset for a few moments if you need to, but then let it go. Sometimes, you can't find records that you need. One of the best things we can do in life for our own well being is understand what we can't control. The past is something we can't control, so to linger there in your mind is pretty futile. Accept what has happened and move onto step 2.

## 2. Perspective

Move on to more reasonable changes. The trick is not to linger endlessly in a never-ending rut but tackle potential solutions from other angles. Perhaps reaching other siblings in an extended family line can help. Immigration and/or ship records can also open up windows of opportunities. Cemetery, obituary, citizenship and census records as well. Keep moving in positive directions. For most common day-to-day problems such as being late, having a minor argument or the car breaking down ask yourself these questions:

- Did I lose a photo, a video, and/or an audio memory?
- Can't find a phone number or an address for a living relative or friend?
- Will this matter in a couple of months time?
- Will it matter in a years time?
- Will it matter in five years time?

In most cases, the answer is no. So why give it such importance? Here's a trick for finding phone numbers and addresses former living relatives and friends which can be very depressing when you can no longer know where to contact them. Go to <https://findpeoplefast.net/>. It is a free-service that is an all-in-one website that helps you find people easily and quickly. Learn how you can search for people by name, phone number, or address. It saved me in finding missing friends and relatives who have moved on from previous out-of-date addresses and phone numbers. It literally updated my 2021 Christmas card mailing list so conveniently and easily right before Christmas. I learned about this website from a Presbyterian minister by fellowshipping a neighbor around my block.

I recently damaged a hard drive with 1.5 years of my work on it. I still don't know if it's recoverable. I could have been upset for days, weeks even! But I didn't see the point of that so I used these exact four steps to move through it emotionally and mentally. Within one hour of the incident, I was feeling better and I got on with my life. You could also ask yourself: What is the opportunity in this situation? I saw my problem as an opportunity to manage my mental and emotional reactions to family history, to build my resilience. It also inspired this post to motivate others such as you to move on to expand your horizons in doing family history pursuits.

## 3. Lessons

What did I learn from my broken hard drive? To back up my work. I'll not make this same mistake again. What can you learn from day-to-day problems? Some problems teach patience, faith and hope. Some teach practical life skills such as time management, communication or negotiation. There are many pearls at the bottom of the ocean if you're willing to take the dive and look for them. As soon as you start grabbing those pearls, you'll feel much better. I have been told that whenever a hard disk drive crashes, depression sets in as if you were in a military war combat zone with battle fatigue.

## 4. Solutions

As quick as possible, start looking for solutions. Some records may not be readily available. You can't be in problem mode and solution mode at the same time. Which mode you're in is entirely your own choice. Solution mode not only feels more empowering, but it is of course more productive too. Once you start finding solutions you immediately feel better. And you get better results. We really do have more control over our life experience than we think. Bigger and more painful research problems may require more time to process the above steps. This post isn't to belittle your problems or withhold compassion for the sometimes-heart-breaking challenges we face. But whatever the challenge, the steps of moving on are the same. The more you practice these steps, the more natural they become and the faster you can get through them. But now, I am consistently working on myself, I am able to gain more and more control – not of the outer world, but of how I deal with it.

## Closing Comments:

Making progress in small increments is essential. Keep the ball rolling because once it stops moving, it will take more effort to get back into a routine of researching with enthusiasm. Our ancestors deserve our best efforts in recording with expectations that future generations will like benefit from your researching efforts. Memories about our ancestors is critical to help renew life to their genealogies. Everybody likes hearing a good story. If you can't find specific records at this time, look beyond those records because history tends

Whenever relationships need repair with living relatives and friends, try using "honey" instead of "vinegar." Being positive with others is part of life even when circumstances are not always going your way. Smile with hope because you will feel better and ultimately, you'll be more productive in your genealogy and other endeavors. Discouragement can handicap you even when you are putting forth your best efforts. Attitude is so important as it can affect you in a myriad of ways far beyond family history endeavors. Success can be the best measuring stick for managing problems. Seek manageable challenges and try to keep that momentum going even on even "rainy" or "bad hair" days. Over time, you can be more efficient in both your daily and long-term endeavors. Hope these comments can help you deal better with challenges .

