Productive thinking...

Is this a "real," existing problem or concern?

NO

YES: This is "real" or really happening

Is this my business, my problem or my concern?

NO

YES: This personally affects me or is my problem

Is this influence-able by me? Can I have some effect?

NO

YES: I might be able to do something about this.

Is a solution or understanding needed very soon?

NO

YES: Situation needs to be handled soon.

Is this understand-able or comprehend-able by me?

NO

YES: I can understand factors and situation.

Is this analyze-able by me?

NO

YES: I can identify and separate factors

Is this likely to be solve-able by me?

NO

YES: There is a potential solution

Go for it...give it some thought

Stop...stop...stop....stop...stop....stop....stop...