

# Pick a Problem

- Before studying these chapters or sections, pick a problem you or others you know are struggling with.
- Search in these chapters or sections looking for the solutions to the problems.
- Share what you learned. Include principles, experiences, questions, conference connections, etc. that help make it relevant and meaningful to you right now.

1. Addiction	24. Finding friends	48. Recognizing The Holy Ghost
2. Anger Management	25. Friends (drama)	49. Sabbath Day Observance
3. Apathy (lack of caring/motivation)	26. Gossip	50. Same Gender Attraction
4. Becoming Less Judgmental	27. Humility	51. Scripture Study
5. Being A Better Leader	28. Insecurity And Inadequacy	52. Self-Mastery
6. Breaking Up Appropriately	29. Keeping Thoughts Pure	53. Self-Worth And Self-Esteem
7. Callings	30. Knowing The Course To Take In Life	54. Siblings
8. Changing my reputation	31. Language	55. Suicide
9. Chastity and Virtue	32. Loneliness	56. The Process Of Repentance
10. Confidence	33. Maintaining Balance With Electronics	57. Time Management
11. Contention	34. Making The Temple A Priority	58. Understanding my parents
12. Connecting Meaningfully with Others	35. Managing Stress	
13. Courage In Dating	36. Mission Prep	
14. Dating people who aren't sincere	37. Moving	
15. Dealing With Family Drama	38. Not Being Offended	
16. Depression	39. Overcoming Doubts	
17. Eating Disorders	40. Overcoming Procrastination	
18. Effective Prayer	41. Parents leaving the Church	
19. Effective Use Of Time	42. Patience	
20. Enduring Trials	43. Peer Pressure	
21. Fear And Anxiety	44. Pornography	
22. Feeling Desire To Attend Church/Activities	45. Praying Sincerely	
23. Finding Answers To Gospel Q's	46. Preparing For A Mission	
	47. Procrastination	