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It's Not What Happens



"It's not what happens to you, but how you react to it, that matters."

Epictetus

"Say "Yes to Life" in spite of everything." Viktor Frankl MD, PhD

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|---|---------------------------------------|
| -Death of a Spouse/Parent | -Being Abandoned |
| -Divorce from spouse | -Being Rejected |
| -Death of your child | -Being Betrayed/Lied to |
| -Your Chronic Illness/Injury | -Loss of Your Career/Earning Power |
| -A Family Member's Chronic Illness/Injury | -Being Abused |
| -Death of a Friend/Family Member | -Loss of Faith in Life |
| -Loss of a Dream | -__ (other painful life events) _____ |

"It takes courage, trust, and patience to feel and absorb the pain, allow the pain to be...and then identify what's important to you...now... and choose to move on, being willing to risk being present to life: making a difference and being open to appreciate special moments life may offer." Tom Lavin MFT, LCADC