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Life Lessons: 8 (+2) principles to use if lost in the Amazon [or facing any life challenge]
from Deep Survival, by Laurence Gonzales

“To my surprise, I found an eerie uniformity in the way people survive seemingly impossible circumstances...those who practice what I call “deep survival”...It doesn’t seem to matter whether they are surviving being lost in the wilderness or battling cancer, whether they’re struggling through divorce or facing a business catastrophe – the strategies remain the same.” Laurence Gonzales, Deep Survival

“If it doesn’t kill you, it will make you stronger.”
paraphrase of Philosopher Friedrich Nietzsche

Right now, if you’re facing a significant challenge in your life, study these 8 (+2) principles, and see if you can apply one—or a few—to support you in successfully surviving, transforming and transcending this challenge.

Partial List of Gonzales’ “Rules of Survival”:

- 1. Don’t get caught in the trap on immobilizing fear/panic: “I will survive and succeed.”**
- 2. Enjoy the journey (*no matter how scary*), “I will stay calm”**
- 3. Learn to not fear pain (“This will pass”; “I will not let this stop me”)**
- 4. Celebrate each success as you work your way through the process**
- 5. Channel anger constructively—use anger for motivation and energy**
- 6. Surrender to “what is”, accept setbacks as part of the process**
- 7. Set attainable step by step goals and make plans to achieve them**
- 8. Don’t get discouraged, don’t give up**
- 9. and 10.: (*added by me*: maintain your vision of what you really want to accomplish; look to see how you can help others along the way)**