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## **Fostering a Resilient Attitude: Attitudinal Values**

**“Say ‘Yes to Life’, in spite of everything”  
....access the “defiant power of the human spirit.”**

**Viktor Frankl, MD, PhD**

- A family breaks up, a loved one dies, a sickness is incurable, a professional career is ended, a natural catastrophe destroys a home, or a finances force a bitter austerity.
- How do we respond to these “blows of fate”?
- We have a choice, regardless of how irrevocable the facts of the situation.
- We can accept the facts and ourselves, or we condemn the situation and ourselves.
- It is our decision: the cruelest fate does not have the power to decide how we will face it.
- We can show courage and trust in the future or we can despair.

**Meaning and Suffering, Dr. Elizabeth Lukas**

- All of us face natural adversities that influence our lives...but that does not mean we have no responsibility (or choice) in the situation.
- We are responsible for what we make we make of our handicaps; for our attitudes toward them; for the bitterness, anger or depression that act synergistically with the original “coefficient of adversity”...
- One is responsible for the attitude one adopts to the adversity—whether to live a life of bitter regret or find a way to transcend the handicap and fashion a meaningful life in spite of it.

**Existential Psychotherapy, Irvin Yalom, MD**

- Let me suggest that the bad things that happen to us in our lives do not have a meaning when they happen to us.
- But we can give them meaning
- We can redeem these tragedies from senselessness by imposing meaning on them
- I suggest not asking “Why did this happen to me? What did I do to deserve this?”
- A better question would be “Now that this has happened to me, what am I going to do about it?”

**When Bad Things Happen to Good People, Harold S. Kushner**

**“No suffering can defeat us if we are prepared to search for its meaning.”**

**Dr. Elizabeth Lukas, PhD**