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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