

Attitudes Typical of Survivors

- ***“I will vividly examine the future”*** - Examine priorities and values before it is too late and then live life accordingly. We can all make an effort to alter certain ways of thinking and take specifications which will enable us to be at peace with ourselves as the years go by.
- ***“I will not be defeated”***
- ***“My God, I’m lucky”*** - Make the most of life; enjoy it to the fullest. Be glad to be alive.
- ***“I will take advantage of the available opportunities”*** - Seize the available opportunities for meaningful human contact and self-improvement.
- ***Nobody is perfect*** - Accept the fact that you are human and will have problems of one kind or another to contend with. If you make some mistakes, it is okay.
- ***There is still time for me*** - No matter what your age, you still have time to do the things you want to.
- ***There must be some meaning to be found or seen in these events*** - Finding meaning in suffering or loss is an essential element of the healing process for most people. Those who resolve to find or create a sense of purpose or who can identify something to be gained from the tragic loss are far better than people who leave the meaning and purpose issue unresolved.
- ***“I will not assume the victim posture”*** - Through tragic events, life often makes victims out of us. However, dear, the price has been paid, and the events of the past cannot be changed. For healing to continue, a transformation in one’s thinking is required. It is necessary for many of us to cease seeing ourselves as helpless victims. A ship cannot be launched on a new voyage until its enormous ropes are untied at the dock.