

# Successful Survival

*“Taking a risk is central to everything worthwhile in life”*

~ David Viscott – Psychiatrist

## **Triumphant survivors think and behave in ways that lead to recovery**

- You can search for answers and find whatever help is needed from friends, family experts, books, healing activities, support groups, your church or synagogue.
- You can develop survival strategies such as dealing with pain in small segments.
- You can make a decision to go forward and actively reinvest in life.
- You can remind yourself that, prior to recovery, it was necessary to deal first and fully with the pain and that your healing process may last longer than you and others expect.
- You plan ahead.
- You can solve problems one at a time and treat well those who help you.
- You can associate with and learn from people who have the ability to laugh, enjoy and see humor.
- You can make a firm decision that you want things to work out well, want to recover, and want to build a new life for yourself.
- You can consciously decide to be in the company of life giving, positive thinking, hopeful, nurturing, kind and understanding people.
- You can reach out to help others while you yourself are still hurting.
- You can vividly examine the future and plan to realize your yearnings for a good life, remaining realistic yet daring to dream.
- You can go forward, knowing the sorrow and hardship you have had to come through, but looking ahead far more than looking back.

*From “Coming Back”, by Ann Kaiser Stearns*