

Resilience and Addiction Examined

By Joey Rizza



Resilience

“The key to life is resilience...We will
always be knocked down. It's the
getting up that counts.”
— Dominique Browning

There is not one person alive who is immune from life's problems,
challenges and difficulties.

If you think you've already had your share,
Expect More...
It's an inevitable part of living.

The good news is...
With wise preparation, you should be able to survive, recover,
work through them and bounce back.

Resilience is the capacity to recover quickly from problematic
situations...
the ability to become strong or healthy again after
something bad happens.

It's the capacity to withstand adversity and rebound from
difficult life events.

Being resilient doesn't mean that you don't experience adversity
and misfortune...
It doesn't mean you don't feel stress, suffering or emotional upheaval.

It means that you are able to work through the emotional pain
and suffering...
able to cope with living in the midst of stresses...
recover from stressful situations in the face of adversity...
overcome life's challenges and work through your problems.

Life is not the way it's supposed to be...
It's the way it is...
The way we cope with it, is what makes the difference.

Part of resiliency is the capacity to cope.

Coping is the ability to face and deal with responsibilities, problems and difficulties, in a calm and peaceful manner.

Keep in mind that tough times never last...but tough people do.

Resiliency is your ability to adapt and have tolerance, when things don't go as planned....
not dwelling on failures...
learning from your mistakes and then moving forward...
focusing your time and energy on changing the things that you have control over...
accepting the things that cannot be changed.

Having resilience is what enables you to adapt well to or recover from adversity, trauma, tragedy, threats and stresses... which is absolutely essential to your recovery.

Resilience is an all-important trait to possess if your goal is to be sober, happy and content.

Positive emotions partially exist to help you recover from the ill effects of damaging negative emotions.

Cultivating more positivity can help you become more resilient in the face of a crisis, trauma or stressful situations.

Your goal should be to let your positive emotions outnumber the negative.

When you feel more positive emotions than negative ones, difficult situations become easier to tackle.

Positive emotions build your resilience... the emotional resources you will need for coping.

They broaden your awareness and let you see more options for problem solving.

"Resilience is knowing that you are the only person who has the power and the responsibility to pick yourself up."

— Mary Holloway

WAYS IN WHICH TO BUILD RESILIENCE:

- *Learn to relax through self-care and meditation and by not taking everything in your life, so seriously.
- *Learn from your mistakes and failures... looking back on what was helpful in previous times of difficulties, you can re-evaluate and any make any necessary positive changes.
- *Choose your responses...responding calmly and logically to take control and find a solution.
- *Maintain a Hopeful Outlook - it's hard to be positive when things don't go your way...
An optimistic outlook can help you to expect that everything will work out...
anticipating positive results.
- *Build Self-empowerment - this will give you the courage and strength you need to move forward through life's difficulties and challenges.
- *Be Flexible and Adaptable - carefully made plans may need to be amended or scrapped...
accept situations you cannot change.

Being resilient means you need to be committed to your own well-being...to be your own protector... someone who will look out for you...
to recognize that you have rights and that you matter.

Resilience involves more than just surviving through and bouncing back from life's challenges.

It's having the capacity to pursue opportunities despite having difficulties and facing challenges...
the ability to go on, day after day...
with the motivation and determination to continue to pursue your goals - to remain sober,

maintain your new healthy lifestyle,
and seek happiness and contentment.