

# RESILIENCIES

When clients find in their own histories examples of the resiliencies that have helped them have positive effects on their own lives and the lives of others, it becomes easier for them to believe that they have what it takes to get sober and stay sober and that they are worth saving.



One of many resiliency models is Steven and Sybil Wolin's work, developed through their clinical experience and interviews with adults who had been raised in difficult circumstances. The Wolins have identified seven resiliencies that often help children and adults survive.

1. Insight: "...the mental habit of asking searching questions and giving honest answers."
2. Independence: "...the best possible bargain you can drive among competing needs: Your right to safe boundaries between you and your troubled parents, the dictates of your conscience, and your longing for family ties."
3. Relationships: "...intimate and fulfilling ties to other people...Early on, resilient children search out love by *connecting* or attracting the attention of available adults."
4. Initiative: "...the determination to assert yourself and master your environment. Resilient survivors prevail by carving out a part of life they can control amid the swirling confusion and upheavals of the troubled family."
5. Creativity: "...safe harbor of the imagination where you can take refuge and rearrange the details of your life to your own pleasing."
6. Humor: "...mixing the absurd and the awful and *laughing* at the combination."
7. Morality: "...your wish for a good personal life grown large and inclusive. The seeds of morality are sown early when strong children in troubled families feel hurt, want to know why, and begin judging the rights and wrongs of their daily lot."<sup>2</sup>