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### ⌘ ATTITUDE - ENCOURAGEMENT IN TRIALS ⌘

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They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms - **to CHOOSE ONE'S ATTITUDE in any given set of circumstances, to choose one's own way.** Frankl 86

Fundamentally, any man can, even under such circumstances, **DECIDE WHAT SHALL BECOME OF HIM - Mentally & Spiritually.** Frankl 87

Yet, there was an **OPPORTUNITY & CHALLENGE.** One could make a **VICTORY** of those experiences *turning life into an inner triumph*, or one could ignore the challenge & simply vegetate, as did a majority of prisoners. Frankl 93

**THAT which does not kill me, MAKES ME STRONGER.** Frankl 103

To be sure, a human being is a finite thing, and his freedom is restricted. It is not freedom from conditions, but it is **FREEDOM to TAKE A STAND toward the conditions.** Frankl 153

*Pan Determinism* - by that I mean the view of man which disregards his capacity to **take a stand toward any conditions whatsoever.** Man is not fully conditioned and determined but rather **DETERMINES HIMSELF whether he gives in to conditions or stands up to them.** In other words, **MAN IS ULTIMATELY SELF-DETERMINING.** *Man does not simply exist but always decides what his existence will be, what he will become in the next moment. By the same token, every human being has the freedom to change at any instant.* Frankl 154

In other words, what matters is to **MAKE THE BEST OF ANY GIVEN SITUATION.** "The best," however, is that which in Latin is called *optimum* - hence the reason I speak of a tragic optimism, that is, an optimism in the face of tragedy and in view of the human potential which at its best always allows for:

turning suffering into a human **achievement and accomplishment**; deriving from guilt the *opportunity to change oneself for the better*; and deriving from life's transitoriness **incentive to take responsible action**. Frankl 162

"I broke my neck, **IT DIDN'T BREAK ME**" Frankl 172

None of us have control over our **CIRCUMSTANCES**, *but WE ARE RESPONSIBLE for the way we pilot ourselves in the midst of things as they are*. Chambers 95

"**I believe** this is going to be a wonderful day. **I believe I can successfully handle all problems that will arise today**. I feel good physically, mentally, emotionally. It is wonderful to be alive. I am grateful for all that I have had, for all that I now have, and for all that I shall have. Things aren't going to fall apart. **God is here and He is with me and He will see me through**. I thank God for every **good thing**, because I **choose to see it as a good thing**." Peale 70

**REFERENCE** Ch 7 (Expect the Best & Get It!) under Authors\Peale

Important to face up to **DIFFICULTIES** of realizing that you can do anything you want to do if you will just **TAKE AUTHORITY** over your *weaknesses & fears*. Peale 196

It is not in the still calm of life, or the repose of a pacific station, that **GREAT CHARACTERS** are formed... *The habits of a vigorous mind are formed in contending with DIFFICULTIES*. All history will convince you of this, and that wisdom and penetration are the fruits of experience, not the lessons of retirement and leisure. Great necessities call out great virtues.

Abigail Adams.

The **PRESENT RISENNESS OF JESUS** *as life-giving Spirit MEANS that I can cope with anything. I am not on my own*. "I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, and his incomparably great power for us who believe. That power is like the working of his mighty strength, which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms... [Eph 1:18-20]." Manning 106

**A HARD DAY, yes. Rattled and unglued, yes. Unable to cope, no.**

How does the life-giving Spirit of the risen Lord manifest Himself on days like that? *In our **willingness to stand fast**, our **refusal to run away and escape into self-destructive behavior**. **Resurrection power enables us to engage in the savage confrontation with untamed emotions, to accept the pain, receive it, take it on board, however acute it may be.** And in the process we discover that we are not alone, that we can **stand fast in the awareness of present risenness** and so become fuller, deeper, richer disciples.* We know ourselves to be more than we previously imagined. In the process we not only endure but are forced to expand the boundaries of who we think we really are.

"The mystery is Christ among you, our hope of glory" (Col 1:27). Hope knows that *if great trials are **avoided** great deeds remains undone and the possibility of growth into greatness of souls is aborted.* *Pessimism and defeatism are never the fruit of the life-giving Spirit but rather **reveal** our unawareness of present risenness.* Manning 107

Though he be ever so tired by **REPEATED FAILURE**, let him begin his operations again and again; for *fortune greatly favors the man who **perseveres** in his undertakings.* Laws of Manu 9.300

If you have made **MISTAKES**, even serious mistakes, *there is always **another chance** for you.* And supposing you have tried and failed again and again, *you may have a **fresh start** any moment you choose,* for this thing that we call "**FAILURE**" is not the falling down, *but the staying down.* Mary Pickford

*Every day is an **OPPORTUNITY** not to repeat a mistake; every day is an opportunity to do better.* That's a form of **FORGIVENESS**. Peale 73

*No **MISTAKE** is fatal - **unless** you make it so.*

*It is trusting enough in Jesus to make mistakes and believing enough that **His life will still pulse within us.*** It is the un-articulated, gut-wrenching yielding of our true self to the poverty of our own unique, mysterious personality. Manning 138

*Every problem contains the seeds of its own solution... Everybody I've ever known who **succeeded in a big way** in life has done so by breaking problems apart and finding the **value** that was there.*

*It is through the pain of **confronting** and **resolving** problems that we **learn**...*  
As Benjamin Franklin said, ***Those things that hurt, instruct.*** It is for this reason that ***wise people learn*** not to dread but actually to ***welcome*** problems and actually to ***welcome the pain of problems.*** M. Scott Peck, MD., *The Road Less Traveled*

#### **PROBLEM SOLVING:**

Difference between **IF & HOW:** How thinker sweeps all the ifs out of the way. He thinks: "Here's a situation; **how** can I improve it?" "Here's a problem; **how** can I lick it?" "There's the goal I've set for myself; **how** do I get to it?" The How thinker doesn't drain energy out of himself by asking IF: *he puts dynamism into himself by asking How?* Peale 154

If you believe it will work out, you'll see **OPPORTUNITIES**. If you believe it won't, you'll see obstacles.

"Our **BELIEF** *at the beginning of a **DOUBTFUL UNDERTAKING*** is the *one thing* that insures the successful outcome of your venture. *To learn to believe is of primary importance.* It is the basic factor of succeeding in any undertaking. *When you expect the best, you release a magnetic force in your mind which by a law of attraction tends to bring the best to you.*" Peale 94

#### **CHAPTER 8 - NVP**

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So the first thing to do about an **OBSTACLE** is simply to **STAND UP TO IT** and **NOT COMPLAIN** about it or whine under it but **FORTHRIGHTLY ATTACK IT**. Don't go crawling through life on your hands and knees half-defeated. Stand up to your obstacles and do something about them. *You will find that they haven't half the strength you think they have.* Peale 111

"The impression I had of Tudor was of an **IRON PEG**, *hammered into the frozen ground, **immovable**...*" General Tudor knew how to stand up to an obstacle. Just **STAND UP TO IT**, *that's all, and don't give way under it, and it will finally break. You will break it. Something has to break, and it won't be you, it will be the obstacle.* Peale 111

**ALWAYS COME OVER YOUR PROBLEMS** - *Never from below.*  
Peale 172

In your thoughts **RISE ABOVE** the problem *so that you look down upon it, not up at it*. Test it according to God's will. Do not try to get success from something that is wrong. Be sure it is right morally, spiritually, & ethically. Never get a right result from error, sin.

Therefore be sure it is right, hold it up in God's name and visualize a great result. Keep prosperity, achievement, attainment firmly fixed in my mind. *Never entertain a failure thought*. Affirm aloud, *God is now giving me success. He is now giving me attainment*. The mental vision which I create and firmly hold in consciousness will be actualized if I continually affirm it in my thoughts and if I work diligently and effectively. Visualize, prayerize, actualize.

"I am looking up at a **CLEAR BLUE SKY**, and there is no mud up there. There is only sunshine. I never saw any mud that could stand against sunshine." Peale 174

"Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him." [1 Cor 2:9].

Believe in Christ; believe in His system of thought and practice;

• **BELIEVE** and you will **OVERCOME** all *fear, hate, inferiority, guilt*, and every form and manner of *defeat*. No good thing is too good to be true. You have never seen, never heard, never even imagined the things God will give to those who love Him. Peale 182

**UNBELIEF** puts our circumstance between us and God, but **FAITH** puts God between us and our circumstances. F.B. Meyer

### **TAKE IT FOR NO MORE - NO LESS**

Avert **MISUNDERSTANDING** by: *calm, poise, balance*.

**Forget your past track record. EACH MOMENT is a new beginning.**

To take the **DIFFICULTIES**, setbacks and sorrows of life *as a challenge which to overcome makes us stronger*, rather than as unjust punishment which should not happen to us, requires faith and courage. Eric Fromm, *The Art of Living*

You gain strength, courage and confidence by every experience in which you really stop to look **FEAR** in the face. You are able to say to yourself, "I have lived through this horror. I can take the next thing that comes along."  
*You must do the thing you think you cannot do.* Eleanor Roosevelt

*The man who does not permit his **SPIRIT** to be beaten down and upset by **DRYNESS** and **HELPLESSNESS**, but who*

- *lets God lead him peacefully through the wilderness, and desires no other support or guidance than that of pure faith and trust in God alone, will be brought to the Promised Land. He will taste the peace and joy of union with God. He will, without "seeing," have a habitual, comforting, obscure and mysterious awareness of his God, present and acting in all the events of life.*

The man who is not afraid to abandon all his spiritual progress into the hands of God, to put prayer, virtue, merit, grace, and all gifts in the keeping of Him from Whom they all must come, will quickly be led to peace in union with Him. His peace will be all the sweeter because it will be free of every care. Merton 239

The matter of **BEHAVIOR** is ours, not God's. God does not make our **CHARACTER**; *character is formed by the reaction of our inner disposition to outer things through our nervous system.* God does what we cannot do: He alters the mainspring and plants in us a totally new disposition; *then begins our work, we must work out what God works in.* The **Practicing Is Ours**, not God's. We have to bring the mechanism of body and brain into line by habit and make it a strong ally of the grace of God.

- We all know that *it is never the grace of God that fails in a **CRISIS**;*
- **It is we who fail because we have not been practicing.**

To refuse to form mental habits is a crime against the way we are made. It is no use praying, 'O Lord, give me mental habits.' God won't; *He has made us so that we can make our own mental habits, if we will.* When we are regenerated God does not give us another body, we have the same body, and we have to get the bodily mechanism into working order according to His teaching. Think of the time we wasted in talking to God and in longing to be what He has already made us instead of doing what He has told us to do! Chambers 52,53

If the world, the flesh and the devil have knocked me out once, get up and

- **FACE THEM AGAIN**, *and again*, until you are done with them. That is how **CHARACTER** is made in the spiritual domain as well as in the natural. Our prayers for God's help are often nothing but incarnate laziness, and God has to say, "Speak no more unto Me of this matter. *Get thee up...*" Chambers 73, 74

**CHARACTER** is something each one of us must build for himself, out of the laws of God and nature, the examples of others, and - most all - out of the **TRIALS** and **ERRORS** of daily life. *Character* is the total of thousands of small daily strivings to live up to the best that is in us. *Character* is the final decision to reject whatever is demeaning to oneself or to others and with confidence and honesty to choose the right.

Arthur G. Trudeau

"It costs so much to be a **FULL HUMAN BEING** that there are very few who have the enlightenment or the courage to pay the price...

One has to abandon altogether the search for security and reach out to the risk of living with both arms.

One has to embrace the world like a lover.

*One has to accept PAIN as a condition of existence.*

*One has to court Doubt & Darkness as the cost of knowing.*

One needs a *WILL* stubborn in conflict, but apt always to total acceptance of every consequence of living and dying."

Morris L. West; in *The Shoes of the*

*Fisherman*

*We are able*, as Etty Hillesun, the Dutch Jewess who died in Auschwitz on 11/30/43, wrote, *to safeguard that little piece of God in ourselves and not give way to despair*. We make it through the night and darkness gives way to the **LIGHT OF MORNING**. *The tragedy radically alters the direction of our lives, but in our vulnerability and defenselessness we experience the power of Jesus in His present risenness..* Manning 108

When I get sprayed by the **STORMS of LIFE** and find my faith has faltered, my course has gone south, I often turn to Mt 14:22-33. Jesus sees the disciples caught up in a squall. it is between 3 and 6 a.m. He comes walking toward them on the water. They are terrified. "It's a ghost," they cry out in fear. He says, "**Courage! It is I! Do not be afraid!**" I find comfort (perhaps persevere pleasure) in knowing that the rock on which Jesus would build the church sank like a stone. Manning 145,146