

**Beyond Resilience,
Guarantee of Success?**

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Self-help and Religious Book.

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Thanks for reading the author's work.

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I. INTRODUCTION

The resilience is the ability of some materials to become better and more resilient after being damaged or worn out.

This concept has been extended to psychology, encompassing a set of extraordinary qualities and attitudes, which allow people to recover and face adversities. In this regard, the resilient human being is a new person, more mature and emotionally stable, who manages to defeat the suffering generated by tragic events and becomes stronger.

However the resilience doesn't guarantee success and it isn't easy to be resilient. Although the pain and the negative emotional impact are gradually diminishing, sometimes the circumstances outweigh each person's resistance. In addition, resilience doesn't always manifest and this can materialize in the very long-term. Therefore, some people may not recover and others improve after several years of having dealt with tragedies or difficult situations.

The resilient qualities and attitudes are the following:

1. Optimism:

Think about the future and imagine in a better position.

2. Flexibility:

Adapt to unfavorable circumstances or give up exaggerated aspirations.

3. Empathy:

Recognize that tragic situations can happen to everyone.

4. Curiosity or Prone to Learn:

Understand the need to be continuously updated.

5. Emotional Balance:

Control emotions and don't react impulsively, acting more rationally than emotionally.

6. Negation of victim status:

Do not blame others for unpleasant events.

7. Not obsessing over failures:

Accept and learn from them.

8. Courage or defiance of the "comfort zone":

Accept more responsibilities, take on new challenges and expand the comfort zone (living space).

On the one hand, everyone isn't resilient, because the capacity of resistance has limits, and many times the emotional responses overcome the rational ones (the dilemma of resilience).

And on the other hand, everyone can develop his resilience to a lesser or greater extent, as long as the person is willing to persevere and make difficult choices.

Moreover, the resilience also depends on emotional intelligence or the selective ability to control emotions, optimize the brain functions, and provide satisfactory responses to day-to-day problems.

However, since the resilient ones are essentially optimistic (persistent), depriving this quality over the others (including flexibility), if they fail in a relevant project or matter of interest, they will redouble their efforts and try to achieve their objectives, again and again.

In some areas, resilient people will seek success in any way possible, and as it is not always possible to overcome the drawbacks, in these cases, they are prone to suffer of burn-out or an excessive exhaustion due to frustration at the inability to: a) achieve various goals, b) solve serious problems, and/or c) help relieve pain and suffering of one's own or another's (disadvantage of resilience).

Although the resilience don't guarantee success, this set of extraordinary qualities lead to resistance and recovery from adversities, constituting the pillars to develop in life.

Beside resilient attitudes, there are people who are distinguished by:

1. Striving for a balance between the human needs:

Aspiring to preserve an identity (belongingness), to have their merits recognized (esteem) and go beyond, leaving a distinctive imprint in their chores, activities and obligations (self-actualization).

2. Overcoming the trap of Postmodernity:

Longing to fulfill a purpose in life, instead of overly satisfying the primary human needs (physiological and safety).

3. Inquiring about the great existential mysteries:

Looking answers for these enigmas and wondering about the meaning of life.

4. Fulfilling a purpose in life:

Acting faithfully in order to fulfill this purpose, valuing: who they are, what they have done, what they do, and what they will do.

5. Pursuing happiness:

Seeking to achieve this state through ideals of spirituality and transcendence, and a mission of life, denying the postmodern hyperconsumist trends.

Such attitudes allow to go beyond resilience: a) emphasizing fundamental needs (belongingness, esteem and self-actualization), b) developing capacities, c) seeking answers about the meaning of existence, d) acting in accordance with that purpose, e) valuing who we are and what we do, and f) recognizing the relevance of religions. **All these aspects lead to an exemplary and virtuous life of service to others and to God.**

Even more, the advantages of resilience, a vision that surpasses the limitations of the material world, and certain notions of the meaning of life are really exceptional.

The resilient, spiritual and religious human being is persistent, optimistic, empathetic, self-confident, accepts and learns from his mistakes, poses long-term personal-professional goals, knows how to motivate himself, seeks new knowledge, and overcomes anxiety, distress, frustration, resentment, depression, exhaustion and boredom. He is also courageous, risky, useful, virtuous, and contributes to society, fulfilling a mission of life.

Again, **the resilience doesn't guarantee success.** However, it constitutes the basis for developing qualities and attitudes, in order to fight against fatalities. In this sense, **the life isn't limited to a matter of overcoming adversities or achieving success, rather leading a satisfactory, exemplary and virtuous life, includes serving others and God, and discovering the meaning of existence to act in this way.**

II. THE RESILIENCE

The term “resilience” comes from physics. It is the ability of some materials to become better and more resistant, after being damaged or worn violently.

An emblematic example of resilience is the sword of steel. Subjected to fire, this weapon will soften and melt, but when it cools, becomes harder and more durable.

This resilience is an impressive property that few materials have, which allows them to adapt and change its composition.

Like motivation, in humans, resilience is an extraordinary quality.

A resilient person is one who has suffered and/or received substantial damages, and instead of surrendering or giving up to impotence, frustration, depression, exhaustion (burn-out) or boredom (bore-out), at some point, begins to recover emotionally, changing his attitudes and ways of understanding life, overcoming adversities.

However, the human resilience is the result of a combination of outstanding qualities and attitudes. In this sense, the resilient human being is a new person, more mature and emotionally stable, who manages to defeat the suffering generated by tragic events and also gets stronger.

Dr. Viktor Frankl, an Austrian of Jewish descent, experienced appalling conditions in several Nazi concentration camps between 1942 and 1945. His wife and parents died in those prisons.

Although, in this period of incarceration, most of his companions were very discouraged, he didn't lose hope, saw beyond, and understood that he could not give up and this situation was temporary. He looked at the future and thought about transcendental philosophical questions.

So, what was the result of the resilient attitude of Dr. Viktor Frankl?

He didn't die in a concentration camp. He was released in 1945 and began a prolific career as neurologist, psychiatrist, researcher and writer. He founded logotherapy (psychotherapy based on the search for the meaning of human existence). He published more than thirty books and received twenty-nine honorary doctorates.

To date, Dr. Viktor Frankl is the only researcher who has been able to give satisfactory explanations about the meaning of human life.

During his imprisonment, he understood that he had a transcendent mission: to provide a solid foundation on the meaning of human life, helping people to understand and seek this purpose.

Dr. Viktor Frankl overcame tragic events, becoming one of the great thinkers of the 20th century, widely recognized by the scientific community and countless universities in different places of the world.

This is a case of resilience, which confirms that it is an extraordinary human quality. Importantly, the resilient are the achievers who overcome the pain, “rebuild” their lives, and stand out for their personal and professional achievements.

Although, anyone can develop to a less or greater extent, his resilience, maintaining faith and optimism, not surrendering, and struggling for a better future, psychologists argue that all people aren't resilient.

The problem is that when most individuals face unfavorable circumstances, they fall into anguish, frustration and/or depression. Just as motivation manifests itself in a very particular and selective way in each one, so does resilience, (when human beings deal with fatal events, they are also prone to become discouraged, frustrated and depressed).

If frustration persists or the degree of depression is high, it is difficult to: recover quickly, learn from failures and take constructive action to overcome the calamities.

It is not easy to be resilient. Although pain and negative emotional impact are gradually diminishing, sometimes the circumstances outweigh the person's resistance.

In addition, the resilience does not always manifest and this can be generated in the very long-term. Therefore, some people may not recover, and others improve after several years of having dealt with tragedies or difficult situations.

Although, most resilient people improve rapidly or in the short-term. A resilient person who suffers from the death of a relative may recover in a few months, and after a sentimental break, perhaps from the third year of separation.

Therefore, the resilience depends on several qualities and attitudes: each person's resistance and his first reactions that may prevent him from falling into resentment.

These qualities and attitudes are the following:

1. Optimism:

The resilient think about the future and imagine themselves in a better position. They aspire to mitigate their pain and suffering, to “rebuild” their lives again.

2. Flexibility:

The resilient aren't too strict, nor overly insist on achieving their aspirations. When they can't fulfill some needs or take advantage of opportunities, more realistic expectations are raised. Although, constantly they are seeking new challenges, trying to be successful.

3. Empathy:

Unlike narcissists, the resilient recognize that tragic situations can happen to them and to others.

4. Curiosity or Prone to Learn:

Resilient people are curious and understand the need to be continuously updated.

5. Emotional Balance:

According to the fundamentals of emotional intelligence, the three areas of the human brain are:

- A. Reptile: impulsive emotional responses.
- B. Limbic: automatic behaviors.
- C. Neocortex: critical analysis, awareness, control of emotions, creativity, discernment, etc.

The first two are extraordinary to carry out frequent activities or to face dangers, since they allow to: handle routines, drive vehicles and/or act violently (defense, escape, etc.). However, these are ineffective when dealing with complex problems and critical situations.

While the third brain region (neocortex) is not suitable for routine tasks or impulsive actions, rather it is responsible for handling incidents and complicated circumstances.

The resilient are emotionally balanced and optimally employ these brain areas. They know that problems can't be solved by acting violently, being more rational than emotional.

6. Negation of victim status:

Those who frequently blame their disappointments on the events of the environment and other people are the victims, who express themselves in this way:

Why me?

Why did this happen to me, if I make everything perfect?

Why did this happen to me, if I treat them well?

Why did this happen to me, if I have always helped them?

While those who stop putting themselves in the role of victim, realize that betrayals and fatal acts can happen to everyone, and understand that it is not a matter of regret (the issue is to: assume the respective share of responsibility, learn from mistakes, and overcome adversities).

The resilient ones assume their commitments for the mistakes made and don't seek to blame others for their failures, mitigating the rational principle of merit-fault (exaggeration of own merits and faults of others).

7. Not obsessing over failures:

The resilient perceive life as a succession of ups and downs (similar to the heart rhythm), and understand that many times triumphs are achieved after failures.

They are also aware that having new knowledge or access to new opportunities, doesn't guarantee immediate success.

Abraham Lincoln didn't give up for his losses as military, lawyer and politician, being one of the most outstanding American presidents.

Thomas Edison wasn't discouraged by the failures in his electrical experiments and managed to invent the bulb.

Albert Einstein ignored the criticism of scientists and published the Theory of Relativity.

The problem is that in postmodern culture the failures are condemned exaggeratedly, without considering that these are sources of new opportunities.

8. Courage or Defiance of the “comfort zone”:

The living space in which the individual gets along with certain domain (home, family, work, work projects, personal relationships, business, other activities, trips, etc.), develops using his knowledge, experience, abilities and skills, and assumes attitudes according to his interests and certain expectations, constitutes the comfort zone.

All humans are looking for staying here, because beyond this area prevails lack of awareness, and feelings of fear, insecurity and uncertainty. However, unfulfilled expectations and major aspirations (well-being is insatiable) transcend this area.

When the person decides to take risks and undertakes unprecedented actions, he fights against his comfort zone. As he triumphs, this comfort area will increase, being more immense.

Therefore, resilient people are willing to accept more responsibilities, take on new challenges, and are prone to challenge and expand their comfort zone.

Conclusion on resilience:

The resilience is a state of resistance, recovery and transformation, which is the result of applying a combination of qualities and attitudes to adverse situations: a) **optimism**, not surrendering, nor losing faith, b) **flexibility**, accepting that not always we can succeed and knowing when to set less ambitious goals, c) **empathy**, denying narcissism or personality cult, and understanding that tragic events can happen to anyone, d) **curiosity**, feeling the need to learn, e) **emotional balance**, acting more rational than emotional at the dairy problems, f) **negation of victim status**, assuming responsibility for the mistakes made, g) **not obsessing over failures**, learning from the errors, and h) **defiance of the “comfort zone”**, challenging this living area. Indeed, **the resilience is an extraordinary “super-quality” of human beings and the resilient develop certain qualities and attitudes, strengthening themselves in the face of adversities, and becoming more mature people, conscious of their role and purpose in life.**

III. THE DILEMMA OF RESILIENCE

As mentioned previously, the psychologists argue that everyone isn't resilient, some people can't support so many calamities (each person's resistance has limits), and the responses to adversities, tend to be more emotional than rational, with feelings of anxiety, frustration and depression, in this regard, these emotional responses can generate phenomenon such as: resentment, exhaustion (burn-out) and boredom (bore-out).

Paradoxically, despite these adverse conditions, we can all develop our resilience to a lesser or greater extent, if we are willing to persevere and make difficult decisions.

It isn't very clear, whether resilience is innate of each person or it arises from tragic events. It seems that in the personality there are certain patterns, which are reinforced and developed to respond to the adversities.

According to the Spanish philosopher José Antonio Marina, author of Teoría de la Inteligencia Creadora (1993), intelligent people (persistent, creative and innovative) never give up.

Considering this statement, it can be concluded that the referred set of extraordinary qualities and attitudes (aimed toward survival and triumph in a hypercompetitive world) are directly related to the intelligence. Moreover, the resilience also depends on emotional intelligence or the selective ability to control emotions, optimize brain functions, and provide satisfactory responses to day-to-day problems.

Conclusion on the dilemma of resilience:

The psychologists state that everyone isn't resilient, because the resistance has limits, and generally, emotional responses overcome the rational ones. This is **the dilemma of resilience**: although the resilience is the result of human intelligence (each one can develop it, reinforcing its virtues, assuming certain attitudes and habits to counteract and overcome the impacts of unpleasant events), **many people are prone to avoid developing resilient qualities and attitudes**.

IV. THE DISADVANTAGE OF RESILIENCE

The resilient ones are distinguished by these qualities and attitudes: optimism, flexibility, empathy, willingness to learn, emotional balance, denial of the role of victim, not obsessing over failures and challenging the comfort zone. However, these are presented to a greater or lesser degree in each person, and may even vary in different situations.

Generally, the resilient ones are essentially optimistic (persistent), depriving this quality over others.

Therefore, if a resilient fails on a relevant project or matter of interest, he will redouble efforts and try to achieve his goals, over and over again.

In some areas, resilient people are going to seek success in any way possible, and obviously, as it isn't always possible to succeed or to overcome the adversities, in these cases, they are prone to suffer of burn-out or excessive exhaustion, due to frustration at the incapacity to: a) achieve various goals, b) solve serious problems, and/or c) help relieve pain and suffering of themselves or others.

So, what is burn-out?