



THRIVING

Mark Long, Ed.D.



Thriving through Thick & Thin

**Based upon the work of Paul Pearsall in
*The Beethoven Factor: The New Positive
Psychology of Hardiness, Happiness,
Healing and Hope. Charlottesville, Virginia:
Hampton Roads Publishing, 2003***



THRIVERS

Why do some people excel and soar in the face of adversity and troubles?



Thrivers

**No matter what they continue to thrive
over the long haul!**

**They may experience downs and low periods,
yet they survive and bounce back!**

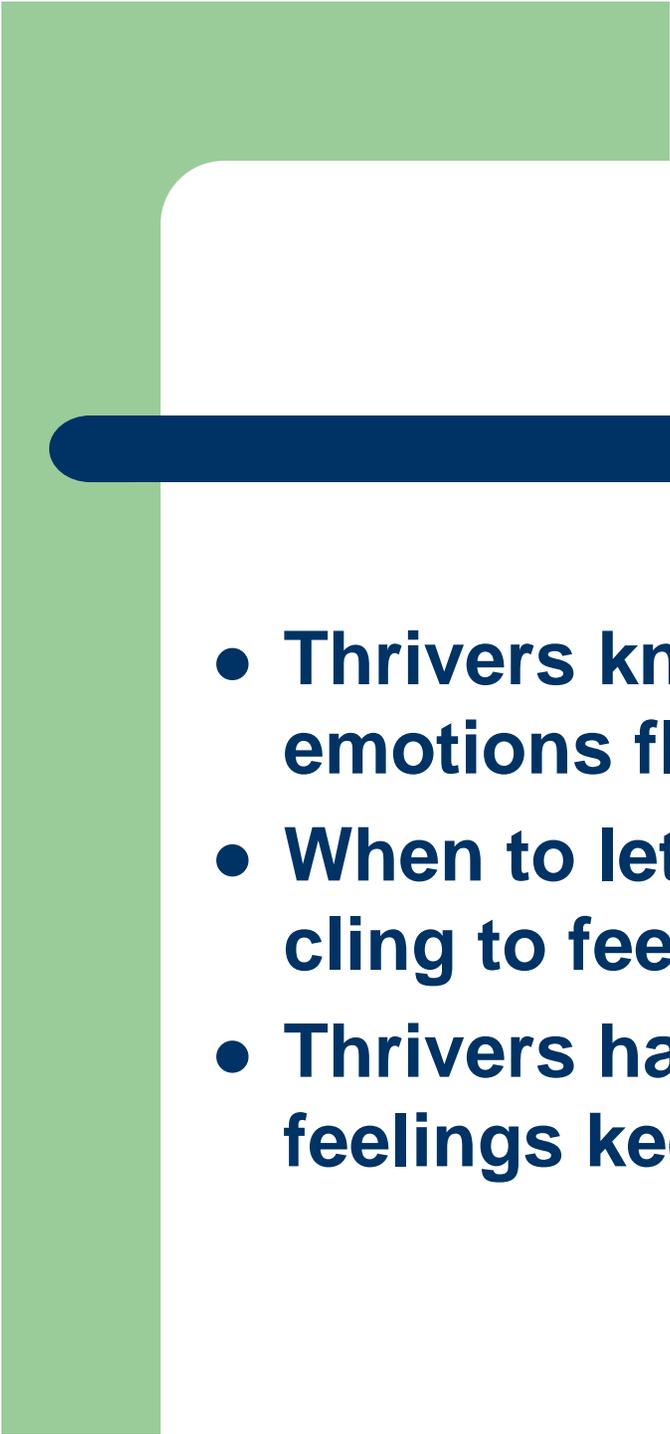
Characteristics of Thrivers

- **Show Invisibility and manifest toughness!**
- **Have Hope!**
- **Use Humor!**
- **See different ways of looking at situation!**

How Thrivers do it!

Common Ways of Rising to the Occasion

- **Let it Go**
- **Suffer Wisely & Cheer Up**
- **Have Faith, Calm Down & Do not Despair**
- **Lower Expectations**
- **Show Hardiness**



Let It Go!



- **Thrivers know when and how to let their emotions flow!**
- **When to let go of and not to hold onto & cling to feelings!**
- **Thrivers have learned that keeping certain feelings keeps them stuck!**

Suffer Wisely & Cheer Up

- **Thrivers realize that pain and suffering are part of life!**
- **They realize that they will be okay despite the suffering... And they will be stronger than they think!**
- **The painful experience will help them through life!**

Have Faith, Calm Down and Don't Despair

- **Thrivers know that no feeling lasts forever!**
- **They realize that equally positive feelings will come their way!**
- **Thrivers understand that they may develop their own version of faith and contentment!**
- **They chill out, relax and know they will be okay!**

Lowered Expectations

- **Thrivers have learned to lower their expectations of others and themselves!**
- **Learned to forgive themselves for mistakes, and forgive others for their shortcomings and cruelty**
- **Found ways to creatively adapt and accommodate- through downshifting and upshifting when needed!**

One Thriver's Point of View

It is a lot easier to feel great when you do not go around expecting life to be fantastic.

Keep your expectations low and you won't be disappointed.

Semi-great is good enough for me now!

Hardiness

Thrivers have learned and trained their bodies to cope with stress!

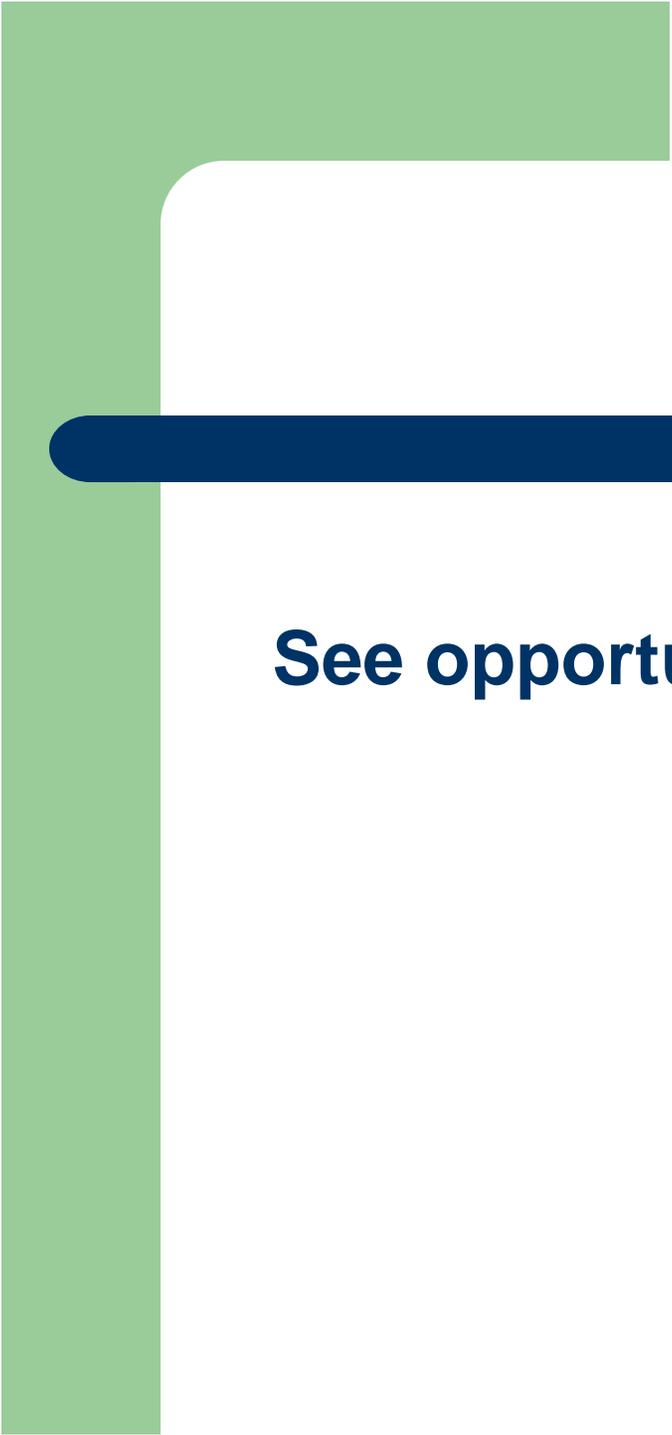
- **Innoculated themselves against distress**
- **Rise to a higher level of strength and coping when faced with adversity**
- **Learned to be tough!**



Thrivers

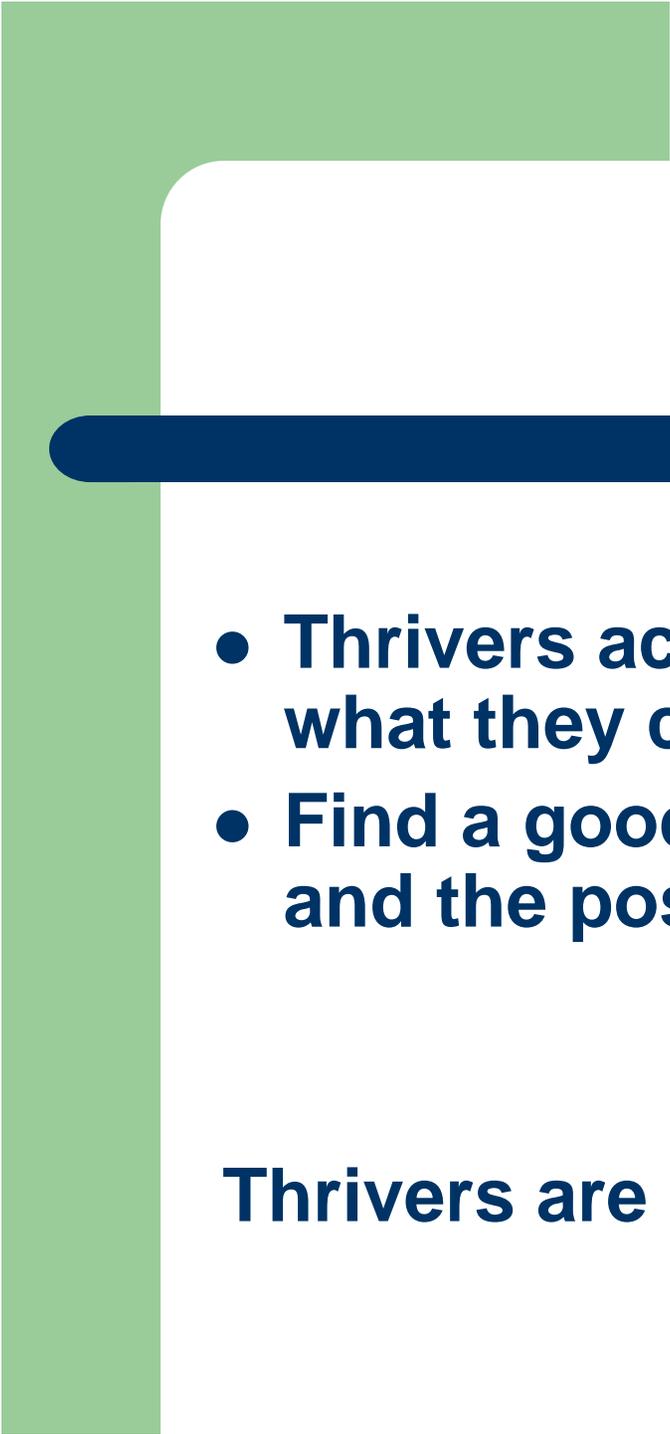


- **Adopted a Have Less, Do Less and Say No Approach!**
- **Have a flexible and accommodative style**



Thrivers

**See opportunity and challenges in the face
of danger!**



Thrivers



- **Thrivers accept their limitations and know what they can do about their problems!**
- **Find a good match between the impossible and the possible!**

Thrivers are not overly optimistic Pollyannas!



Thrivers

Know how to swim, learn new strokes and to float, even when the water keeps keeps throwing new currents and waves at them!