

RESILIENCE

The human capacity to face, overcome and ultimately be strengthened by life's adversities and challenges.



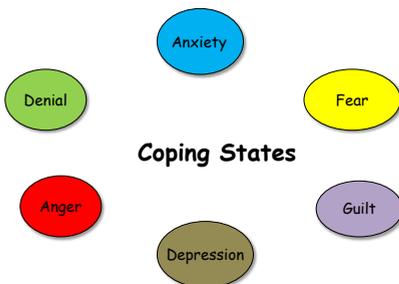
This is not something that people either have or do not have. Resilience is learned as we increase the range of strategies available to us when things get difficult.

Resiliency Model of Family Stress

Families have established patterns of functioning, ways that they problem-solve and cope – this relates to their appraisal of how they are doing and how they perceive the severity of the stressor



[Maysoon Zayid](#)



“The culturally rejected feeling states of denial, anxiety, fear, depression, guilt and anger may be used in surprisingly positive ways when feelings are fully shared.”

“Experiencing and sharing the pain is the solution, not the problem.”

-Dr. Ken Moses

THE IRIS CENTER
Star Legacy Modules
(Adapted from *Childhood Disability: A Parent's Struggle*, by K. Moses, 1987)

Emotional State	How the emotion manifests itself	How the emotion benefits the person
Denial	Parent denies his or her child has a disability.	
Anxiety	Parent goes through dramatic change that might affect his or her attitudes, values, beliefs, and routines.	
Fear	Parent may feel concerned about letting his or her child with a disability do certain things (protective).	
Depression	Parent may experience uncontrollable tears, sadness, and feelings of hopelessness.	
Guilt	Parent may feel he or she is somehow to blame for the disability or the situation.	
Anger	Parent may act out his or her anger or direct it toward another person.	

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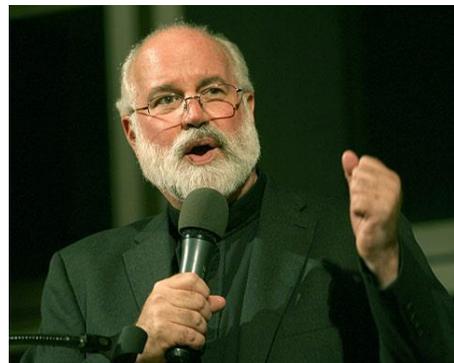
Emotional State	How the emotion manifests itself	How the emotion benefits the person
Denial	Parent denies his or her child has a disability.	Denial allows the person some time to adjust to the disability and to find ways to deal with a situation for which he or she may not have been prepared.
Anxiety	Parent goes through dramatic change that might affect his or her attitudes, values, beliefs, and routines.	The energy created by the state of anxiety may help the person to focus his or her energy in order to make the necessary change.
Fear	Parent may feel concerned about letting his or her child with a disability do certain things (protective).	This emotion is a warning sign to the person that he or she will have to confront the situation and make some internal change.
Depression	Parent may experience uncontrollable tears, sadness, and feelings of hopelessness.	This state allows the person to redefine his or her worth and how to be strong and capable for his or her child.
Guilt	Parent may feel he or she is somehow to blame for the disability or the situation.	This state allows the person to reorganize his or her thinking and to take control of the situation, therefore gaining the strength to move forward.
Anger	Parent may act out his or her anger or direct it toward another person.	This state may allow the person to move forward once he or she has expressed anger over a situation.

JOY and Other Feeling States

Parents of children with disabilities also experience and express feelings of **strength, hope, joy, love, and pride.**

In fact, many families find that their child with a disability has impacted their lives in a number of **POSITIVE** ways, such as:

- Increasing their ability to love and to accept differences
- Strengthening their family ties
- Giving them a greater sense of pride in their child's accomplishments
- Leading them to learn more about disabilities and advocacy roles
- Making them more patient, understanding, and tolerant
- Teaching them to enjoy the little things in life



FATHER BOYLE