



By
Pamela J. Ginsberg, Ph.D.
Licensed Psychologist

I am often asked by my patients and others about adjusting to difficult circumstances. Let's face it, life doesn't always go our way. Things happen that are unexpected, like illness, death in the family, natural disasters, getting laid off, and many other life problems that seem to just appear in our lives. When one of these things happens, we are

thrown into a crisis that forces us to adjust our way of thinking, way of doing things, and way we see ourselves in the world.

I believe that these crises are opportunities for us to re-evaluate our priorities, learn something, and find ways of coping that we may not have ever had to use before. By being resilient and flexible in the face of change and fear, we find new avenues, new ways of being that can serve us in many other areas of our lives as well. I believe that our challenges force us to shift and that the shift may be the necessary precursor to the next challenge.

But, how do we build resilience? Resilience is built through trial and error. It is also built by adopting a mind-set

that we as human beings are very capable of adapting to very difficult situations, even when we don't think we are. We don't think we can handle bad news, or getting fired, or getting ill and so forth. When you adopt the mind-set of believing that you CAN handle it, then you allow creative coping strategies to develop that you may not have ever had to use before.

For example, when one of my patients was widowed at a young age, she did not think she was capable of managing her home, her children, her family, and her grief on her own. But she was able to reach out for help in ways that surprised her and to find strength that she didn't know she had to adjust to her new and difficult situation.

Resilience is built into us; we just have to tap into it and believe that we can adapt. We adapt every day without knowing it...adjusting our sails to find the wind that keeps us going.

Pamela J. Ginsberg, Ph.D.
is a licensed psychologist
in Doylestown. She has

been in practice for over 25 years. She specializes in women's issues, women's health, women with cancer, grief and bereavement, relationships, and stress management. She is on staff at Doylestown Hospital and on the Board of Directors of The Cancer Support Community of Greater Philadelphia.

Pamela J. Ginsberg, Ph.D., P.C.

Licensed Psychologist 

Specializing in Women's Health & Wellness

The Farm at Doylestown | 400 Farm Lane | Doylestown, PA 18901
 T 215.340.0608 | F 215.340.2535
 ginsbergcoaching@aol.com | www.pginsbergphd.com