

# To Gain Resilience Will Hurt Sometimes

*Carl Polito*

In 1990, I experienced a large setback when my father passed away. I was only nine years old when he died; this was a difficult time in my life. I didn't want to be with anyone including my friends, classmates, and even family. The only thing I wanted was not possible; I wanted my father back.

I tried running away from everyone and everything. The only person I couldn't shake off was my older brother. He was two years older than me but we were very close to each other. He

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always told me that there would always be things that will set you back. He said they might be little things or they might be big things. If you work through them, you will become more resilient

from the experience. He told me that time moves on, so live your life to its fullest and don't stop. I will never forget the wisdom he shared with me back then, allowing me to move forward towards living again.

My brother died last year; he was hit by a drunk driver. I had just spoken to him about two hours before the devastating moment. My life

## Your Turn!

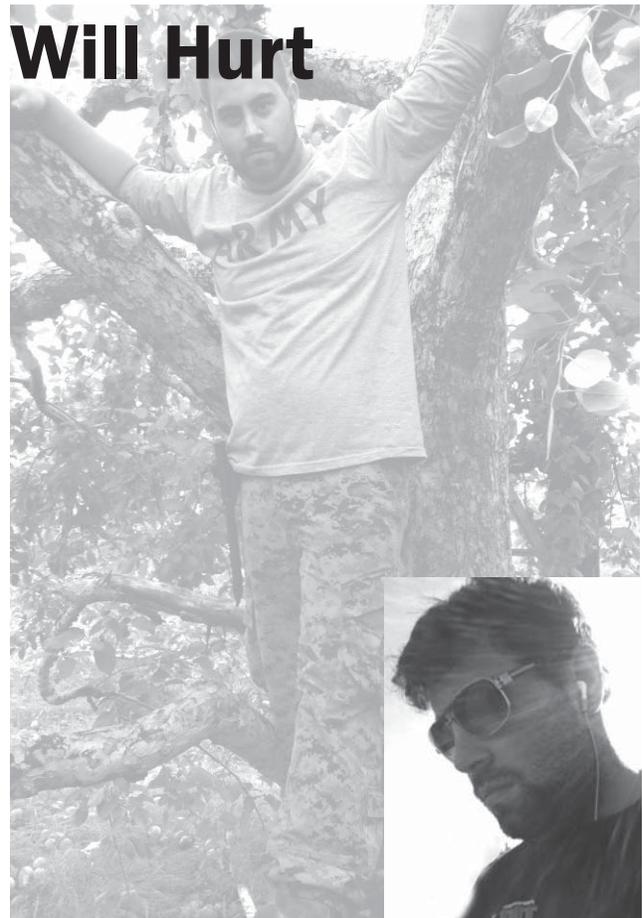
**What stood out** for you in this story?

**What words of wisdom** have helped you in your life? Write them here:

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blew up in front of me when he died. I don't think that I would have been able to work through this second loss without remembering those conversations my brother and I had when my father died. The resilience I gained from my father's passing and my brother's support made me much stronger for my family when my brother died. I was able to be there and support them, and I was not as afraid of the whole ordeal as I was when I lost my father.

Challenges come at you in different ways, some small and some big. From experience, you become wiser and you are better able to cope. I conclude that resilience is different for everyone and the way you go through it is special to you.

*Carl Polito is from Norwood, MA. He takes classes at Blue Hills Regional Technical School in Massachusetts. His goal is to get his GED and then study information technology in college. He hopes his writing helps others.*