

The Attitude of Choice was His to Make

Dr. Victor Frankl, the bold, courageous Jew who became a prisoner during the Holocaust, endured years of indignity and humiliation by the Nazis before he was finally liberated. At the beginning of the ordeal, he was marched into a Gestapo courtroom. His captors had taken away his home and family, his cherished freedom, his possessions, even his watch and wedding ring. They had shaved his head and stripped his clothing off his body. There he stood before the German high command under the glaring lights being interrogated and falsely accused. He was destitute, a helpless pawn in the hands of brutal, prejudiced, sadistic men. He had nothing. No, that isn't quite true. He suddenly realized there was one thing no one could ever take from him, just one. Do you know what it was?

Dr. Frankl realized that he had the power to choose his own attitude. No matter what anyone would ever do to him, regardless of what the future held for him, the attitude of choice was his to make:

- Bitterness or forgiveness.
- To give up or to go on.
- Hatred or hope.
- Determination to endure or the paralysis of self-pity.