

# The 3 Goals & 8 Commandments of Post-Traumatic Winning

## **Prerequisites:**

- Commit to becoming a lifelong learner about living with trauma
- Read: "Struggle Well" – a book written by Ken Falke & Josh Goldberg (pay close attention to Chapter 5)
- Watch: "I Am Elizabeth Smart" – a movie produced by Elizabeth Smart

## **1) Trauma is a normal part of life and effects most of the population at some point**

- *We're not unique because we've lived through a traumatic event, most people do*
- *Plenty of people thrive after trauma enters their lives, we can thrive too*

## **2) Trauma is Trauma**

- *Child abuse, physical or sexual assault, violent crime, tragedy, combat – it doesn't matter, it all trauma*

## **3) We don't "get over" the things that traumatize us**

- *Neither God nor the Green Energy has invented the amount of time to heal traumatic wounds*
- *Some days we can talk about traumatic events without issues and other days thoughts alone bring tears*
- *Don't overreact to the difficult days we will certainly experience, expect them and be gentle with yourself*

## **GOAL #1: Learning to Coexist with Trauma**

- **Once you accept the first three commandments as valid, there is only one choice – To Coexist**
- **Coexisting each day becomes our "new normal"**

## **4) Feeling "damaged" by trauma is normal**

- *Trauma changes only a part of us, we're still the same people, capable of living the lives we want to live*
- *Living the life we want to live after trauma arrives requires physical, mental, spiritual & financial toughness*

## **5) We gotta TALK about our trauma & stay connected to our Tribe!**

- *In order to coexist with trauma, we gotta talk about it... we gotta talk about it... we gotta talk about it*
- *We need to stay connected to our Tribe for life, those relationships will sustain us during life's difficult times*

## **6) Physical fitness is essential to mental health**

- *We all know the mental health benefits of physical fitness, get active and stay active for life*

## **7) Stop abusing drugs & alcohol, if necessary quit**

- *FACT: no person has ever successfully dealt with trauma by abusing alcohol or recreational drugs*
- *FACT: substance abuse is the single most detrimental thing we do when dealing with trauma*

## **8) Develop "Wellness Practices" to positively channel Post-Traumatic Stress reactions**

- *Wellness Practices are productive ways we "vent" the reactions that result from living a life affected by trauma.*  
*EXAMPLES: meditation, music, physical fitness, writing, talking, walking, animals and many others*
- *Individually developed wellness practices keep us on the life-path that we choose and outta life's ditch*
- *Be deliberate and thorough when considering prescription medications*
- *Understand what you are supposed to "get out of" individual or group "talk therapy"*

## **GOAL #2: Live a Self-Disciplined Life**

- **Self-Discipline is a positive force in your life and pushed against the forces of chaos on an hourly basis**
- **The road to success in life is paved with self-discipline**

## **GOAL #3: Winning**

- **We Win by sharing the traumatic wisdom that we acquire with others**
- **By lifting others, we lift ourselves; and it is this selfless service to others that transforms our trauma**
- **By supporting and mentoring others affected by trauma, we continue to live purpose driven lives of service, we make our communities stronger and our nation better. #winning**