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