

The 3 Goals & 10 Commandments of Post-Traumatic Winning

- 1) **STOP FAKING IT** -- every single one of us is dealing with our own traumatic experiences
 - When we're honest about our struggles, we give others permission to
- 2) **Trauma is a normal part of life and effects all of us 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
- 3) **Trauma is Trauma**
 - Child abuse, physical or sexual assault, violent crime, tragedy, combat – it doesn't matter, it all trauma
- 4) **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
- 5) **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
- 6) **We gotta TALK about our traumatic experiences**
 - 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

GOAL #1: Learn to coexist with trauma because never going away

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

- 7) **Physical fitness is essential to mental health**
 - We all know the mental health benefits of physical fitness, get active and stay active for life
- 8) **Learn how to handle money WELL**
 - Financial stress promotes feelings of life being "out of control" and is a leading cause of destructive behavior
 - Financial knowledge and discipline allow each of us to exercise greater control over our lives
- 9) **If you struggle with trauma, QUIT Drinking & QUIT Using Drugs**
 - **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
- 10) **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: Give this "Traumatic Wisdom" to others

- By sharing our "traumatic wisdom" with others who are struggling, we WIN
- 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