Focus, Passion, & PTSD

Overcoming the Challenges of PTSD with Strength and Resilience

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Overview

- Fear, Guilt, & Shame
- Silouan’s Story
- Other Typical Stories of PTSD
- Focus & Passion
- The Ladder UPP
- Call to Action
Fear, Guilt, & Shame

- Key emotions associated with PTSD
- Can be one or combination of three
- Leads to avoidance and creation of the pressure cooker
- Cracks develop in all aspects of life
- Life becomes confusing and gray
- We don’t feel like we are living
My Story

- Who I Was
- Becoming a Marine
- Broken - jet crash
- Shattered - other developments
- Help from an unlikely person
- Regaining passion and purpose
- Today it is fuel for life
Typical Stories

- Fear - National Guardsmen & a Marine
- Guilt - Sniper and Combat Medic
- Shame - Special Forces Operator
Focus & Passion

- To go beyond treating symptoms, we must learn to live.
- Begins with ability to focus and the belief we can regain control of our life. We begin The Ladder UPP.
- Success comes from passion, the desire to fight through the darkness.
The Ladder UPP home

HOME TO FREEDOM

HUMILITY
Allows us to weather storms and ask for the help we need

PRIORITIES

PURPOSE

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Climbing The Ladder UPP

Boxed In

We have no freedom, we are a slave to the box that contains all our experiences, good and bad, and controls us through impulses, addictions, passions, fear, and pride.
The Ladder UPP journey

Step 1

Treading Water
We tread water because we still rely too much on brute effort, we have not finished our home. Some days we feel like we are accomplishing our goals, some days we feel like we are just heading down.

Step 2

More Capital?
Our ego always causes us to underestimate the effort and other capital needed to reach our treasure. To succeed we must dig deeper.

Step 3

The ascent to cruising altitude requires a consistent and determined scan between our "home" and our plan.

Step 4

At cruising altitude, we can recover from a crisis.

Reflection & Application

Evolve or Fall

Your Treasure

Capital: money, time, effort, ideas

Health
Family
Faith
Finance
Call to Action

- We cannot be passive. We must be active! Key word is “avoidance”.
- We all get broke. Look in the mirror. The best way to help others is with a fire in your eyes. Regain or build your own focus and passion.