

Focus, Passion, & PTSD

Overcoming the Challenges of PTSD
with Strength and Resilience

Presented by Silouan Green

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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

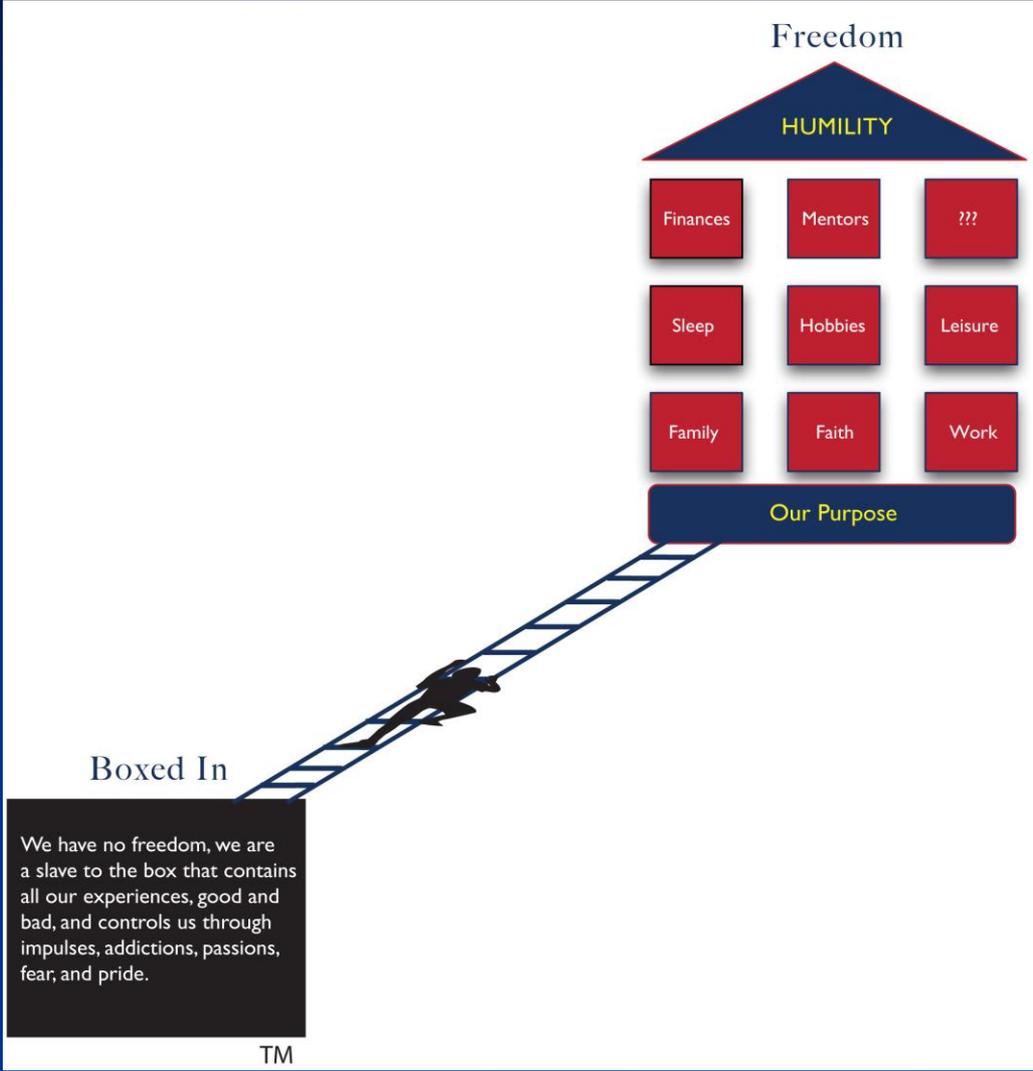
HUMILITY
Allows us to weather storms and ask for the help we need

PRIORITIES

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PURPOSE

Climbing The Ladder UPP

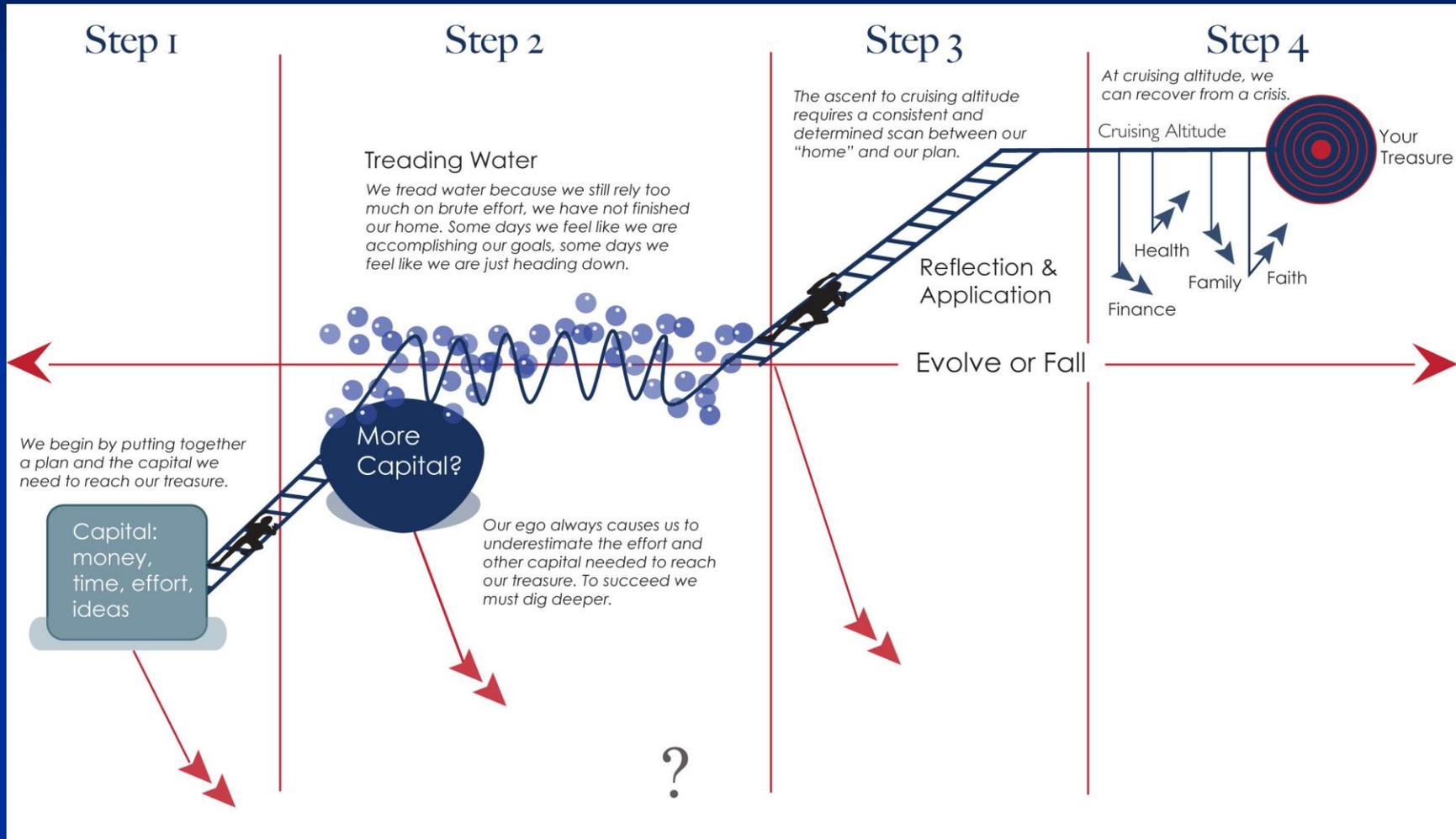


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The Ladder UPP journey



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.