

# 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**

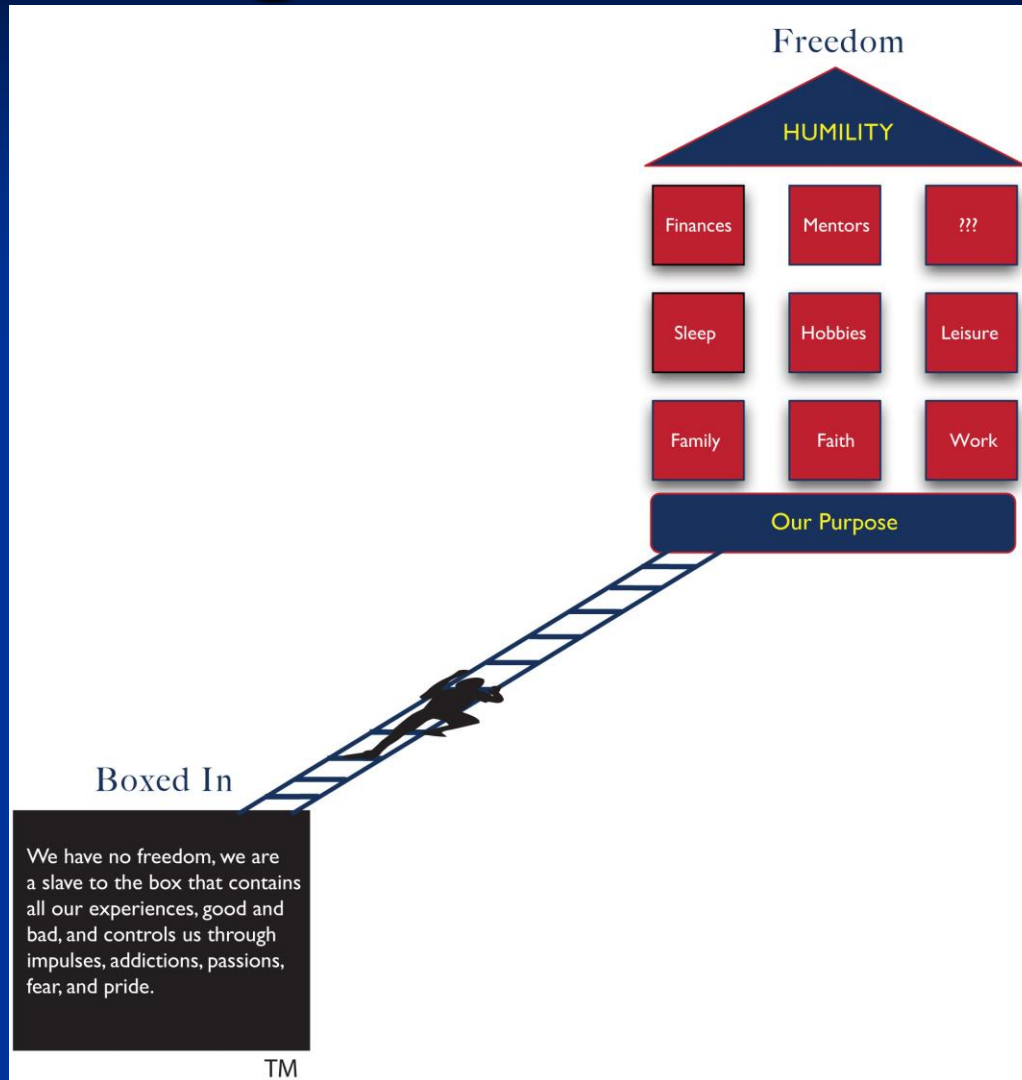

**PURPOSE**


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# Climbing The Ladder UPP



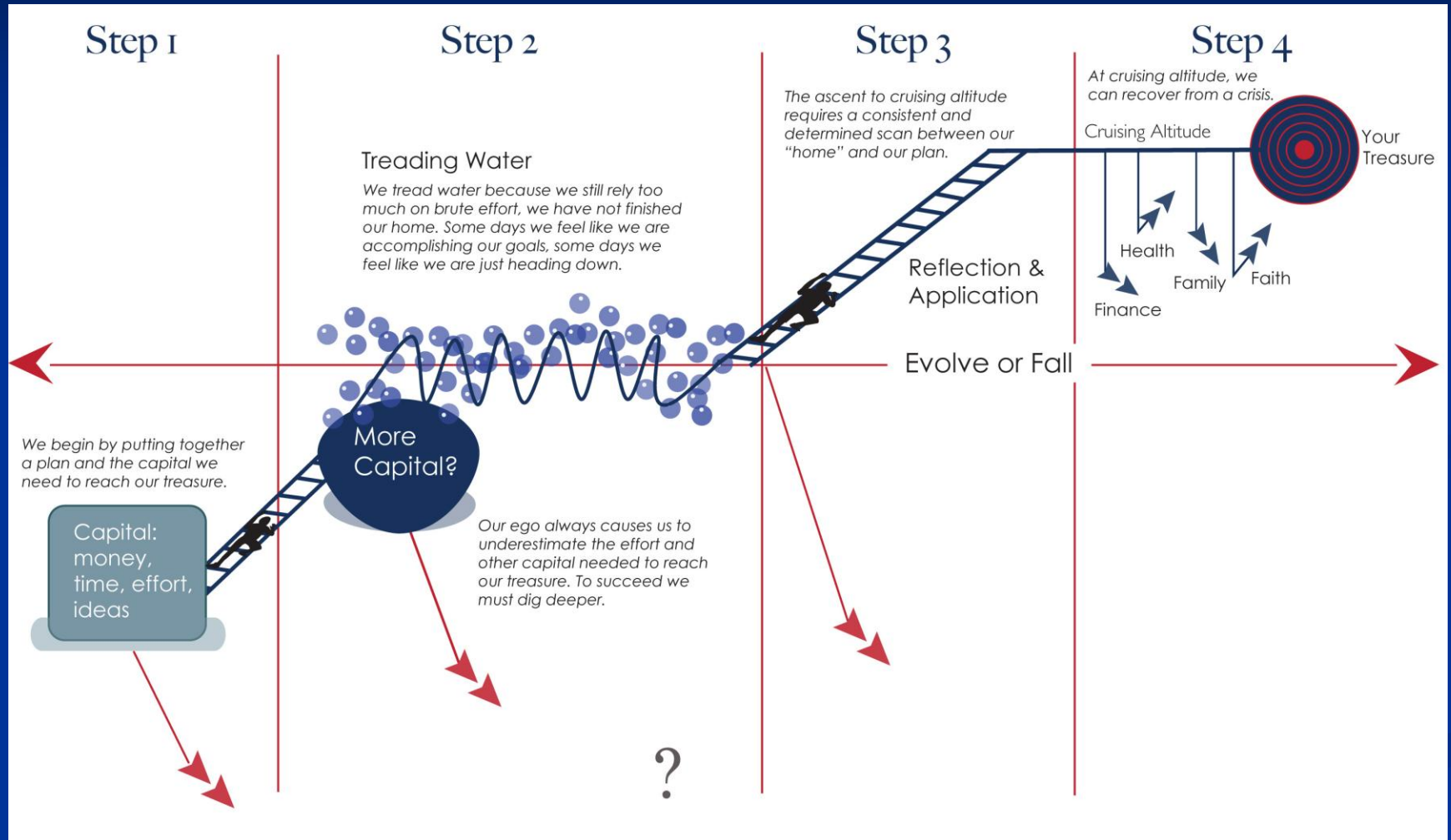
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# The Ladder UPP journey



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# 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.