

# POST TRAUMATIC GROWTH

OBSERVATIONS & APPLICATIONS

# PRETEXT

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- You can call it personal development if you wish...
- For the most part, you're revisiting areas where you suffered shock/ trauma with the view to mastering a time where you were/ weren't able to be present...you both want and need to grow.
- Being present is where and when you're at your best.
- Being detached/ unavailable to yourself is where and when you're most vulnerable.
- You don't want to feel or be vulnerable, you've tried to fix this and failed in certain areas.
- You want a solution to yourself, yet on a deeper level you understand that you're the solution you seek.
- Sick and tired of being sick and tired, you're ready to do something different, yet because you've got no prior experience of remaining consistent in ridding yourself of a particular mindset you've come here...

# WHAT PEOPLE LIKE YOU ARE SAYING...

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- "I thought I knew myself" - all I had was an idea... no, the idea had me.
- "I'm not the person I think" - my thoughts created feelings... I became how I felt.
- "At my core I'm scared" – that's why I presented myself as adequate – I feared humiliation because I wasn't humble enough to admit to when "I feel scared".
- "I'm broken and searched for things to fix me"... I stopped looking, the chaos stopped
- "Dr. Me" was making every effort to prescribe me with solutions to numb rather than face the fear "I'm not enough"
- "You learn, you're not looking for a solution, You're looking for yourself and you're what you seek... the solution"
- "I'm ready to look within the mirror and be honest with myself"
- "I didn't know how much my past experiences had affected me"

# MPVV

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- **Mission:** Understand that the answer/ solution you seek isn't found in this course, it's found within your mindset/ operating self.
- **Purpose:** Gain the awareness and acceptance of your "selves" to change your external experience/ environment. Rationale: It's your blind spots that causes the damage.
- **Vision:** You gain and use three core values to guide your behavior – getting yourself (FULLY) back in your life you have everything you need to succeed.
- **Values:** Honesty – foundation of mental/ emotional health – you find the other two.

# I. WHEN YOU ENCOUNTER UNKINDNESS

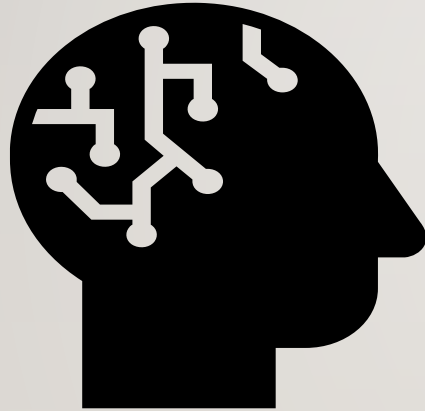
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- Your response to unkindness of another - often a reflection of how unkind you are to yourself.
- Life is holding up a mirror and saying, “this is what you’re saying to yourself - wake up”.
- Or, if you react to unkindness – you've found a point of mental or emotional weakness within you - the person has done you a favour by highlighting your weakness?
- If their critique is untrue, they’ve done you a favour by helping you consciously reinforce your strength?



# REACTION TO UNKINDNESS

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- Mirroring your own mind?
- True or merely untrained reaction?
- Difference between reaction/ response?
- If you want to experience unkindness, keep judging the judgement of others?

## 2. EVERYTHING DEPENDS ON HOW YOU INTERPRET IT

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- Identifying the mental or emotional strength behind the interpretation of self or others is critical when it comes to building yourself up, (one role at a time).
- Failure becomes your friend when you take personal responsibility for your interpretations and systematically improve, one interpretation at a time?



# YOUR INTERPRETATION (OF SELF)

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- In a specified role – you're more likely to be enough or not enough?
- Pro or reactive interpretation– judging self or role?
- Strengthening + interpretation, how?
- Weakening "-" interpretation, how?



# 3.YOUR MIND SHOULD SIT SUPERIOR TO YOUR BODY AND ITS SENSATIONS

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- Mastering your mind may be a bit of an ask, let's simplify this... how about mastering your state of mind in a presently difficult situation?
- How about you master your physiology in that difficult situation first?
- Haven't we already made mastery a situation specific exercise?
- Remember, on the other side of failure is feedback, use feelings of failure to make a stronger decision, then follow through stronger.
- A positive-self-appraisal based on the ability to improve - reduces and gives meaning to suffering?



# 3. MIND OVER MATTER, IF YOU DON'T MIND, DOES IT MATTER?

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- What matters: reaction or response?
- Who's defining you/ the reaction?
- How is mind defining self/ situation?
- Building or breaking mind?

## 4. STAY MINDFUL AND TAKE DELIBERATE ACTIONS

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- Learning to become present on a situation by situation basis is the basis for taking proactive rather than responsive action.
- Remember, on the other side of failure is feedback, use feedback to become more mindful in the same situation on the next occasion.

# 4. STAY MINDFUL AND TAKE DELIBERATE ACTIONS

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- What's present in any situation?
- Who is present in any situation?
- When are you not present in a situation?
- When don't you learn from a situation?

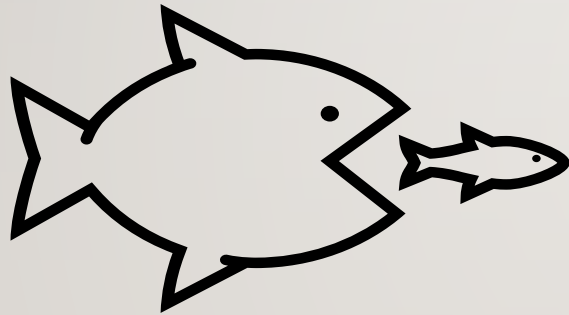
# 5. DON'T RETREAT FROM THE WORLD

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- "The British army has never retreated from a battle...however they have been known to make tactical withdrawals" :)
- If withdrawal is necessary, be sure your retreat and fallback position are defensible - providing a view on how to re-approach/ defend yourself and position next time?

# 5. DON'T RETREAT WITHOUT LEARNING

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- Did a lack of ambition or ability put you in the situation you've retreated from?
- What's holding you back from taking/ maintaining your position?
- Did you see yourself as the big or the little fish (in the image)?
- Change perspective to change position?

## 6. YOUR OPINION OF YOURSELF MATTERS MORE THAN THE OPINION OF A STRANGER

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- If you attribute more credit to the opinion of a stranger than yourself, then you don't know yourself.
- Fate is the body, the time, place and parents we were born to... at some point, it's up to you to work with fate/ what you have.
- If what you have isn't good enough, you're not a tree - change position - start by identifying one weakness which if changed would yield the biggest move.



## 6. YOUR OPINION OF YOURSELF MATTERS MORE THAN THE OPINION OF A STRANGER

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- What respect/ recognition do you need to be your best self?
- Who gives you what you need?
- What person, who you feel respect for, doesn't matter to you?
- When don't you matter to yourself?



# 7. BE OPEN TO CORRECTION

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- Your best friends, family and colleagues will become open to correction when you do. If you want your world to become a better place - start with yourself.
- It's important to be the first person to correct yourself - if you fall short, be the first to admit it - self disclosure it seems is the best way to eliminate unwanted behaviour?
- If what you have isn't good enough, you're not a tree - change position - start by identifying one weakness which if changed would yield the biggest move.

# 7. BE OPEN TO CORRECTION

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- Foundation of mental health – honesty?
- Emotional honesty – basis for positive long-term relationships?
- Gaining trust - Valuing the truth over being right?
- Basis for confidence in ability to change?

# 8. CHERISH THE FREEDOM AND LIBERTY OF EVERYONE

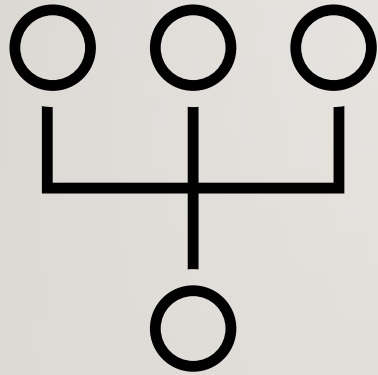
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- If you want to adequately and preemptively defend yourself and family, protect the rights and wellbeing of your neighbours or anyone within your vicinity or charge.
- Advocate your values for others through decisive action on their behalf - it's the stories/ experience you gain through actually supporting people which helps others connect with the source of their own strength...
- How people see you informs how you see yourself?



## 8. CHERISH THE FREEDOM AND LIBERTY OF EVERYONE

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- How does helping others be themselves help you?
- What do you value most about your best friend?
- What would your best friend say about you?
- Does the + opinion of yourself/ others contribute to the freedom to be you?

# 9. EARNING SELF RESPECT

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- Think of the one area of weakness which if changed today would have a positively profound influence on the level of respect you have for yourself.
- If you're willing to change something, you already have the self-respect you require to succeed?
- If you couldn't change your weakness with a team of the world's smartest people supporting you, take the next biggest weakness - be ruthless in your pursuit and deactivation of personal weakness, be kind/ gently encouraging to yourself and those who aren't ready to follow your lead.



# 9. HAVE SELF-RESPECT

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- What does self-respect mean to you?
- In what role do you struggle to respect yourself?
- What do you believe has prevented you from changing this?
- What's the total cost of not respecting yourself in the area you have in mind?

# 10.AVOID COMPLAINING

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- Explain when your best efforts are truly exhausted that you require help.  
Complaints come from people who fail to recognise the value of the hardship which they're enduring.
- Look within and ask yourself if the mindset you're utilising is solution or problem focused - there's your answer.
- Make the reason for complaint the reason to master any mental or emotional weakness in the area you would otherwise complain about. Noting how this switch of focus leads to a switch in experience and behaviour.

# 10.AVOID COMPLAINING

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- On the road to courage, you'll meet everything within you that isn't courage?
- What part do you have to play in your own dis-courage-meant?
- Should you be both a victim and hero in the same story?
- Is complaining merely a shift from the hero to the victim in your story?



# 11. THE OBSTACLE IS THE WAY

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- The strength, riches, acclaim or whatever it is you seek is barred by a door; to enter the door you need to become the key, requiring that you redefine and reshape yourself to fit with the person you must become.
- The pain and suffering you endure in this endeavour is what's required for you to shape yourself and be ready to fulfil your purpose on the other side of the door.
- Make the reason for delay the reason to master any mental or emotional weakness in the area you would otherwise complain about. Noting how this switch of focus leads to a switch in experience and behaviour.



# 11. THE OBSTACLE IS THE WAY

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- What you face on your journey shapes and enables you to succeed when you arrive?
- What's in your way is the way?
- What needs to be re-tooled first, your mindset, skills or situation?
- Who and how are you differently on the other side of the setback?

## 12. ADVERSITY IS PART OF NATURE

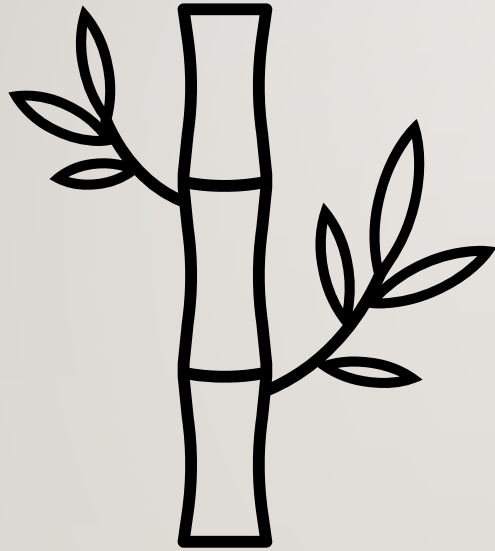
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- You can master your own ship and the decisions you make from the tiller, but you can't master the sea. You may do all the right things and still be taken out by a tsunami, at least you did the right thing.
- To expect the journey to be anything other than it is, is to wish for what is not available. Your greatest chance of success lies in being fully available to yourself.
- Don't become part of your own adversity through failing to work with each challenge as a necessary part of your journey to growth.



## 12. ADVERSITY IS PART OF NATURE

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- Where you grow from you grow to?
- You're only as strong as your roots?
- Your personal struggle is the basis for your growth as a unique individual?
- Who and how are you expressing yourself differently on the successful side of adversity?

# 13. ADVERSITY MAKES US STRONGER

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- Whatever adversity or adversary you wish to avoid is the equivalent of an end of level boss in a computer game. They must be defeated for you to reach the next level.
- If you go to the gym to build muscle, you require resistance to achieve your aim. The same can be said with life - resistance builds strength - attaining the next level requires adjustment and by implication - an investment in resistance.
- Prior to facing the adversity which is necessary for you, take the time to think, mentally and emotionally prepare for hardship - this is a source of strength.
- In essence, your challenge is to beat your habitual aversion to resistance = change.



# 13. ADVERSITY MAKES US STRONGER

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- What end of level bosses have you defeated already?
- Did your failure inform your adjustment?
- Did you require clarity, focus and direction to adjust successfully?
- If clarity, focus and direction is triggered by failure, failure leads to improvement?

# 14. EVERYTHING HAS HAPPENED BEFORE

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- “If you tolerate this then your children will be next”. Quite literally, everything around you, roads, houses, society... are all products of people deciding things must be better, and for them to make things better they had to make themselves better.
- What makes you special is that you're willing to do what it takes to do your part on behalf of others/ yourself?
- Keep in mind that you're only able to do this because you're already standing on the shoulders of giants. If you do your work well enough, one day people may also stand on your shoulders.



# 14. EVERYTHING HAS HAPPENED BEFORE

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- What brings you to life/ makes you happen?
- Has anyone else overcome your challenge?
- Did they look for, inspire or gain help?
- What's stopping you from being and bringing your best?



# 15. STAY PRACTICAL - DEAL WITH WHAT'S IN FRONT OF YOU

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- High hopes, dreams and ambitions are best served by staying on point and dealing with even your most unpleasant tasks with a mindset of “this is necessary because this is the path”.
- Take responsibility for executing even the simplest of tasks with strength and you’ll develop the mindset required to master Olympic level heavy lifting.



# 15. STAY PRACTICAL – ANCHOR YOURSELF IN THE PRESENT – WHAT'S IN FRONT OF YOU NOW?

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- What's most important, vision or values?
- Who you become is a result of your identity or behaviour?
- If values drive behaviour and behaviour shapes who we become— focus on what?
- Behaviour required to succeed is a result of focus – where, when, what, how, why?

# 16. FOCUS ON WHAT'S RIGHT, PREPARE FOR RESISTANCE

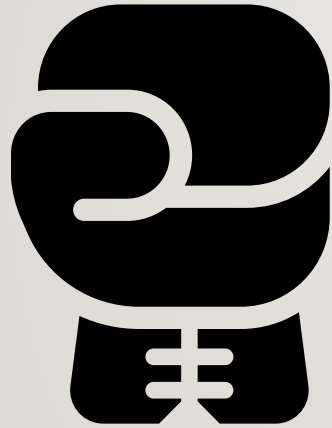
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- You want the resistance you face because you chose the path of resistance.
- If you're telling yourself that the path chose you, you'll suffer... Why?
- If you're dropped into the middle of the ocean, it's your decision to swim – your choice to survive requires you change your mindset to "your voice, your choice"?
- You're it, you're what you're seeking when you decide to take the challenge.
- You're not what you need to succeed when you reject the path as not part of your plan or way?
- If you fail to work with life on life's terms now, what happens before you begin?
- You don't need to go deep, you need to go now, that's where your depth is?



# 15. STAY PRACTICAL – ANCHOR YOURSELF IN THE PRESENT – WHAT'S IN FRONT OF YOU NOW?

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- You only get to leave the ring when you've beat your opponent?
- Starting out the opponent is you?
- You're standing in your own way, to win you need to get out of your own way?
- Make the way your way, be the way to find the way?

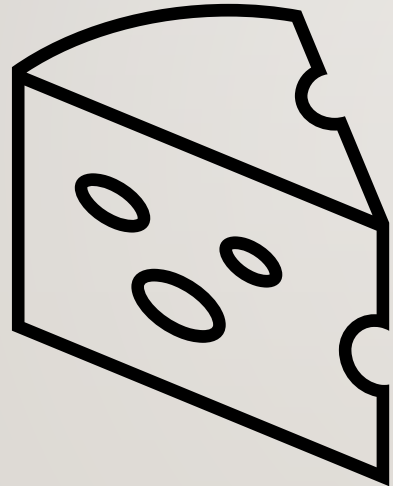
# 17. DO YOUR DUTY AND DESPISE COWARDICE

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- In the service of other's you'll find the truth of yourself - in this regard, your duty is to serve others as you would like your loved ones to be served.
- Perhaps the greatest of all cowardice is failing to face the fact that as a human being you have fears.
- Be brave where you can be brave. Make others aware of your shortcomings so they don't suffer due to false expectations.
- The greatest cowardice is the failure to be honest?

# 17. DO YOUR DUTY AND DESPISE COWARDICE

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- The failure to be honest is the greatest form of cowardice?
- Having what you need and pretending you don't – cowardice?
- Feeling fear and pretending you're not is fuelling cowardice?
- Telling yourself that you're not enough – delusion or cowardice?

# 18. LIFE IS SHORT AND DEATH COMES TO US ALL - THE TIME FOR ACTION IS NOW

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- Human beings suffer from death anxiety. When you meditate on the inevitability of your own death - life becomes long - each day is a lifetime- the time we have is valuable, the way we manage inevitable illness or injury a test of how far we've come.
- Learning to guard your time with your life, engaging in fulfilling relationships and pursuits rather than empty activities which don't contribute to your purpose/ goal is essential for increasing your level of fulfillment AKA happiness?



# 18. LIFE IS SHORT - DEATH COMES TO US ALL - THE TIME FOR ACTION IS NOW

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- Are you going to die?
- What idea do you have which needs to die so you can truly live?
- What mindset does the idea which needs to die come from?
- Why do you have a mindset which wants to live?



# 19. PRACTICE GETTING BACK ON TRACK

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- “Life is what happens between distractions”. It’s a daily practice for me to ensure that prior to any other input at the start of the day that I meditate and set the correct point of professional focus. At the end of the day reflecting on: what I did well, okay, badly...
- Make one improvement per day, one adjustment per day and one change per day in a direction consistent with your goals and don’t feel surprised when you surpass your goals.
- In essence, rituals and standardised behaviours are key to keeping you on track - prevention is better than cure.

# 19. PRACTICE GETTING BACK ON TRACK

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| 0 | 0  
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- What's your positive "go to" source of wellbeing?
- What's your negative "go to" source of wellbeing?
- Is it fair to say that it's easy to choose regular vs irregular, familiar vs unfamiliar?
- Have you become your practice to the extent that, "this is how I am"? Really?

## 20. LOOK BENEATH TO SEE THINGS FOR WHAT THEY TRULY ARE

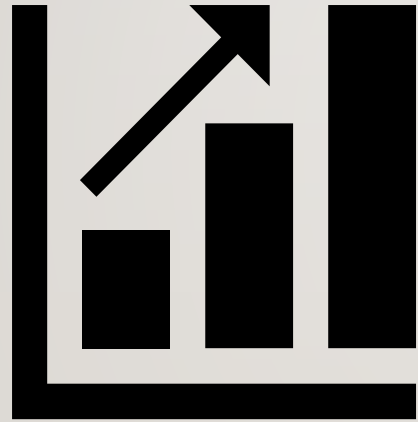
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- Learning to put your initial frame of experience to one side and see things for what they are is difficult. On a human level, taking into account a person's stated or implied values during an initial engagement forms a good basis for comparing who they say they are with their later behaviour.
- If you find that a person's behaviour is inconsistent with their stated values, you should respectfully remove yourself and move on without causing harm or injury.



## 20. LOOK BENEATH TO SEE THINGS FOR WHAT THEY TRULY ARE

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- If a personal presentation only speaks to growth – it's not a personal presentation?
- If virtue signaling is at play, is it truly a relationship which is being sought?
- Who you want to be known as will be eventually be a result of your behaviour?
- You're at your best when you're "real"?

## 21. RECOGNIZE MATERIAL WEALTH IS NEITHER A GOOD NOR AN EVIL

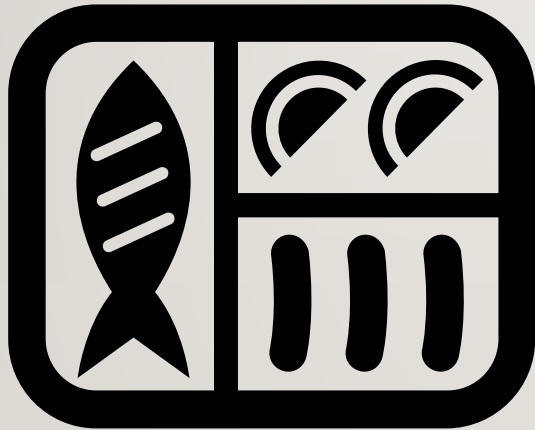
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- “To he who has everything, everything will be given, and to he who has nothing, everything will be taken away”. If you don’t have yourself, you have nothing. If you have yourself then you have everything you need to succeed.
- The goodness of what you have and what you do with what you have is on you, no one else.



## 21. RECOGNIZE MATERIAL WEALTH IS NEITHER A GOOD NOR AN EVIL

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- You'll lose whatever you put before the reputation you have with yourself?
- If you gain wealth, but lose sight of yourself what did you gain?
- If what you built is constantly being undermined – common denominator?
- Material wealth is a bye-product of honest effort...more likely to keep it?

## 22. EXPRESS GRATITUDE

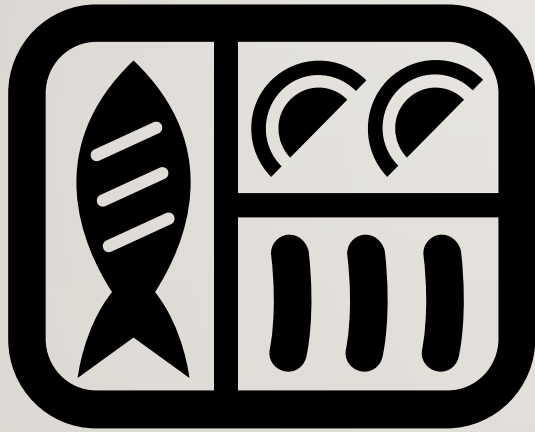
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- More than anything else, it seems people have the need to feel seen and appreciated. Taking the time to see and appreciate each person you come into contact with enables them to be the best version of themselves when they're with you.
- Over time, gratitude positively affects and supports your own well being and leads you to be surrounded by people who feel loved and cared for, in return the same people provide you with what you first gave them..
- Learning to be grateful for the present situation as a teacher is extremely useful - if your circumstances are bad, be grateful that you can take responsibility for your part and do something about it. If circumstances are good, thank those who supported you in achieving your present circumstances.



## 22. EXPRESS GRATITUDE

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- When your plate is full, are you?
- What's more important, fulfillment or happiness?
- Is choosing the pain and hardship you face a reason for gratitude?
- A man who has enough is fulfilled?



# MASTER:

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## EXPERIENCE

- Day 1.
- Day 2.
- Day 3.
- Day 4.

## REPEAT, DEVELOP OR COMPLETE?

- ...
- ...
- ...
- ...
- ...

# PREP: CLARITY, FOCUS & DIRECTION

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## SIMPLIFY TO CLARIFY: INSERT...

- Single question you're addressing
- Context for enquiry
- Method **enquiry**
- Objective of enquiry
- Key result

## FOCUS AND DIRECTION

- ...
- ...
- ...
- ...
- ...

# SHARE YOUR EXPERIENCE, STRENGTH & HOPE:

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## KEY LESSON

- Day 1.
- Day 2.
- Day 3.
- Day 4.

## RESULT OF KEY LESSON

- ...
- ...
- ...
- ...
- ...

