

# Warrior Resilience & Thriving (WRT)



Thriving Through, Not Only **Surviving** Your Combat  
Deployment to Return with Honor

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**From Combat  
Deployment**

**To “Mission  
Complete”  
and Back Home**

**Assisting Warriors & Commands Strengthen Resiliency, Recognize  
Post Traumatic Growth and Return with Honor**

# WRT Description

- Warrior Resilience & Thriving (WRT) is a standardized, 90-minute, combat and operational stress-inoculation, resiliency and post traumatic growth class grounded in Army Leadership and Warrior Ethos principles (FM 6-22), Cognitive Behavioral and Rational Emotive Behavior Therapy (REBT) self-counseling, Character enhancement and POW/survivor strategies
- WRT was developed in OIF, 2005-2006, by Major (then Captain) Thomas A. Jarrett, LCSW/BCD, a REBT Supervisor and Albert Ellis Fellow with a Special Forces background. WRT and Warrior Family Resiliency & Thriving (WFRT) are combat stress and life courses
- WRT uses a comprehensive focus on Positive Psychology, critical thinking and resiliency to impart durable philosophies to Army Warriors and their families. WRT was the first Army resiliency and thriving program focusing on posttraumatic growth, warrior ethos, leadership and cognitive (REBT) Soldier self-counseling
- From June 2008 to March 2009 WRT was taught by the 98<sup>th</sup> Combat Stress Control at VBC and 26 JSS/COPS. WRT was selected and implemented with over 12,500 Warriors and Commands in OIF July, 2008- March, 2009 and 350 WRT Instructor Trainers in OIF as part of an MNC-I Suicide Prevention Action Plan (See MHAT VI). Currently over 470 WRT instructor Trainers have been certified Army -wide, who themselves may certify Instructors

# WRT Variants & Applications

- WRT Variants include: Warrior Family Resilience & Thriving (WFRT) 2007; Elite Warrior Resilience & Thriving (2007); Warrior Resilience & Thriving-Provider (WRT-P) 2007; Warrior Resilience & Thriving Instructor Trainer (WRT-IT) Course (2009)
- WRT has been refined through continual feedback from virtually every deployed MOS, rank and unit, including combat arms, combat service support, medical, special forces, etc..., based on direct feedback
- WRT utilizes character-based resiliency fundamentals grounded in Army Warrior Ethos (FM 6-22) and historical Warrior Cultures, Empirically supported Rational Emotive Behavior Therapy (taught at AMEDD Center and Schools) and resiliency and thriving strategies in an interactive class, taught by a combined enlisted/officer instructors
- WRT and WFRT are also taught at Ft. Sill as 4-6 session classes and for Commands through the Ft. Sill Outreach and Prevention Team
- WRT specifically supports the vision of Comprehensive Soldier Fitness and ongoing goal to reduce soldier stigmatization regarding behavioral health access

# WRT in Press

- ***Learning Stoic ABC's. Warrior resilience trainers help soldiers maintain mental, emotional health in Iraq.*** , 4<sup>th</sup> ID IVY Leaf Paper, June 2006
- ***Stoicism gives troops 'armor for the soul.'*** The Atlanta Journal Constitution, March 2006
- ***Warrior resilience training in Operation Iraqi Freedom: combining rational emotive behavior therapy, resiliency, and positive psychology.*** Jarrett, T. A. The Army Medical Department Journal, July- Aug, 2008
- ***Military puts focus on epidemic of suicides.*** USA Today, April 2009
- ***US soldiers get help as suicide levels soar.*** The National, May 2009
- ***WRT reviewed in: The Untold War: Inside the hearts, minds, and souls of our soldiers.*** Sherman, N., Norton Publishing, 2009

# Sample WRT Soldier Comments

- “Great presentation, the best I have ever seen.” –PV2
- “This was by far one of the most useful classes I have ever been a part of. Thank you.”-SPC
- “This brief has opened up many possibilities for me to be a better leader.”-SGT
- “I received this training in 2006, since then the course has grown and improved. Keep up the good work!” –SSG
- “Every unit should receive this training before deployment, best tool received in 16 years to deal with deployment issues.”-SFC
- “Great training, probably the best military training I have received by any Army Training. Please continue to use this type of training.”-MSG
- “All soldiers should go to this training. Very, very helpful.” -1SG
- “The best and most comprehensive briefing I’ve received on the subject over the past 25 years.” -SGM
- “Excellent class. Much needed information. Very powerful and I really needed to hear this.” CPT
- “Best class I have had on the mental stability of troops. I am glad we are getting away from being so focused on PTSD”- CPT
- “Very insightful. Should be very effective and make a difference in peoples’ lives.”-MAJ
- “Phenomenal professionals that embrace what they teach. Reaffirming what I have lived as a soldier and leader!” - COL

# One Unit's Comments

(EOD Camp Liberty, Iraq/ n.= 32)

*\*all comments included*

- “One of the Best Combat Stress Courses I have ever seen, this course should be at the top of the list of deploying units” -SSG
- “The single most beneficial mental health training I have received in 15 years in the Army. This Training needs to be doctrine. Place in DVD with Links to Web and push out to DOD” - CPT/CDR
- “Extremely Applicable Topics” –E5
- “Great Presentation, the best I have ever seen” –E2
- “Some of the best and newest version of training I have ever seen” -2LT “Loved the theories, very close to my own beliefs” -SPC
- “ A class for spouses would be great-SPC” “I received this training in 2006, since then the course has grown and improved. Keep up the good work!” –SSG
- “I really appreciate that the instructors did not insult my intelligence or the intelligence of our unit” -SGT
- “This was honestly the best training I could receive on the subject. The only part which could have been better was the beginning”–SSG
- “ Excellent, relevant training. Well- Suited presentation pertaining to today's soldiers excellent use of history and lore to make points and keep interest” -SPC
- “Outstanding class, I wish I had this training three deployments ago” –SSGT

**98<sup>th</sup> CSC Warrior Resilience Training  
Feedback Form: Rollup, N= 2270  
14 July 2008 – 3 November 2008  
Camp Liberty, Iraq**

MAJ Thomas A. Jarrett, LCSW/DCSW  
MND-B/ VBC Prevention OIC  
98<sup>th</sup> Combat Stress Control Det.  
SSG Michael Venuto, NCOIC  
SPC Jon M. Miles, 68X

# 98th CSC Warrior Resilience Training Feedback Form

## *Mean average of 2270 surveys. 2 November 2008.*

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<p><b>I now understand and can recognize “Post Traumatic Growth” at least as well as I can recognize “Post Traumatic Stress Disorder” (4.13 or 82.5%)</b></p>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<p><b>I believe that I can and will be strengthened through my deployment experiences, even if they are negative or painful (4.26 or 85.2%)</b></p>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<p><b>Compared to other Army Combat Stress, Suicide Awareness or Resiliency Briefings (Including Battlemind) I have attended, I believe this training will be more useful in managing Deployment, Combat and Real-Life Stressors (4.22 or 84.4%)</b></p>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<p><b>The instructor(s) were professional and effective in conveying the training (4.64 or 92.7%)</b></p>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<p><b>I believe this training will assist me to become more resilient and learn to thrive during this deployment and when I return home (4.18 or 83.5%)</b></p>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

**98<sup>th</sup> CSC Warrior Resilience & Thriving (WRT)  
Feedback Form:  
Rollup, n.= 882  
18 December 2008 - 22 January 2009  
Camp Liberty, Iraq**

MAJ Thomas A. Jarrett, LCSW/DCSW  
MND-B/ Victory Prevention OIC  
98<sup>th</sup> Combat Stress Control  
SSG Michael Venuto, NCOIC  
SPC Jon M. Miles, 68X

# 98th CSC Warrior Resilience & Thriving Training Feedback Form

*Mean average of 882 surveys as of 22 January 2009*

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

1. After WRT, I can now recognize signs of “Post Traumatic Growth” in myself and others as well as I can recognize signs of “Post Traumatic Stress Disorder.” 1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_ 5\_\_\_\_ **(4.00 or 80.1%)**
2. Character Strengths and Virtues, as found in the 7 Army Values and promoted in WRT, serve as a foundation of personal and team resiliency and thriving. 1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_ 5\_\_\_\_ **(4.27 or 85.3%)**
3. Compared to other Army Combat Stress, Suicide Awareness or Resiliency Briefings (Including Battlemind) I have attended, I believe WRT will be very useful in managing Deployment, Combat and Real-Life Stressors. 1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_ 5\_\_\_\_ **(4.29 or 85.8%)**
4. I understand and can use the REBT “ABC” Model of Emotions and Stoic principles taught in WRT to manage strong, negative emotions and reduce irrational beliefs and manage combat operational stress while deployed. 1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_ 5\_\_\_\_ **(4.04 or 80.7%)**
5. WRT will assist me to become much more resilient and thrive through my deployment experiences both here and also when I return home with my family. 1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_ 5\_\_\_\_ **(4.07 or 81.5%)**



# WRT Color Coded Slides

- As you master the **WRT** material, note the **color coded terms**. They will assist you to master **WRT** more quickly, and serve as a quick review when necessary. **Remaining Rational and Resilient** requires practice and application **daily!**
- **WRT, Resiliency, Virtue and Character Strengths and Rationality** are in **blue** signifying **calm and self-control**
- **Warrior Ethos, Thriving and Post Traumatic Growth (PTG)** are in **Army green**, signifying **growth**
- **Irrational beliefs and PTSD or Combat Operational Stress Reactions (COS-R)** and other **risk factors** are in **red**, signaling “**at risk**” or **caution!**



# Welcome to WRT!

- Welcome, **Warriors!** WRT is a self-paced course in **Resiliency**, **Thriving** and **Post Traumatic Growth (PTG)**
- WRT was forged in **OIF** from 2005-2006 and 2008-2009
- You should have completed attending **Army Suicide Awareness** and **Battlemind Training** with your unit
- WRT is also a **Leadership** course focusing on **Resiliency**, **Rational Self-coaching** and **Warrior Character Strengths and Virtues** as supported by **Army Leadership (FM 6-22)**
- WRT is designed to assist you reduce **Combat Operational Stress (COSR)**, manage unit and **home front problems** and “return with honor”
- WRT **resiliency** insights are not only limited to deployment

# Resiliency Sections

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# Resiliency Insight # 1



Expect and Prepare for **Adversity and Hardship** Before They Arrive as Well as the **Growth** That Usually Follows!

*Key Personal Attributes Sustaining Resiliency and Thriving*

# Resilient Character Components

- **Endurance:** Enduring or bearing pain, hardships, etc. The ability or strength to continue or last despite **fatigue, stress or adversity**: Fortitude, grit, guts, intestinal fortitude, staying power
- **Resiliency:** The ability to recover quickly from **illness, change, or misfortune**. Bounding back and driving on despite external stress: Spiritual strength, recoil, vigor, durability, “grace under pressure”
- **Character:** Moral excellence, ethical standards and principles in action. Virtue, character strength, reputation, ethos, temperament. Can be improved throughout one’s life! Not only Personality
- **Post Traumatic Growth (PTG):** Enhanced functioning and positive change after enduring a **trauma or adversity** including **enhanced** personal strength, spirituality, relationships, team cohesion, courage and wisdom

# From Samurai to Army Values & Positive Psychology

## Cross-cultural Virtues and Character Strengths

### Samurai & Bushido Nine virtues

Honor  
Loyalty  
Courage  
Respect  
Honesty  
Wisdom  
Filial piety  
Rectitude  
Benevolence

### U.S. Army Seven Values

Honor  
Loyalty  
Personal Courage  
Respect  
Duty  
Selfless Service  
Integrity

### Positive Psychology's Six Universal Virtues

\*The Four Ancient  
"Cardinal Virtues"

- \* **Wisdom**
- \* **Justice**
- \* **Courage**
- \* **Temperance**
- Humanity**
- Transcendence/  
(Spirituality)**

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\*Please take the Values in Action Survey, and other useful measures at: <http://www.authentichappiness.sas.upenn.edu/>

# Resiliency Insight # 2



**Combat Operational Stress (COS) and  
COS Reactions(COS-R) are more  
common than PTSD, though they share  
Some Key Features**

***Reviewing Select Mental Health Advisory Team  
(MHAT) Findings***

# Post Combat Operational Stress

Please see current MHAT Team results or contact: [www.ncptsd.va.gov](http://www.ncptsd.va.gov)

- **2003** - 17% of returning “medium combat” Soldiers met the criteria for **Major Depression, Acute Anxiety** or **PTSD** post deployment when surveyed. Not a full diagnosis
- **2007** - 17.9% met criteria for **Acute Stress (PTSD), Depression** or **Anxiety**. **PTSD** rates range between 12-20%
- **Multiple Deployments:** Soldiers on 2<sup>nd</sup> or 3<sup>rd</sup> deployments significantly higher risk for **mental health problems** at 27%
- **Relationships:** Warriors with multiple deployments reported **more relationship issues** than first time deployers
- **Resiliency: Battlemind** ([www.battlemind.army.mil](http://www.battlemind.army.mil)) resiliency training assists Warriors reduce **COS & COSR**

# Combat and Deployment Stressors Checklist



- Combat losses (Death & injury)
- Ethical dilemmas/ROE
- Personal and team conflict
- Deployment frequency, length and perceived inequity
- Sleep loss/ poor sleep hygiene
- Relationship problems: Fighting, divorce, separation, financial, etc....
- Restrictive FOB, JSS or COP environments
- Poor Leadership and Poor Followership
- Counterinsurgency/Peacekeeping/Cultural Strain
- Compassion Fatigue (Medical/Leaders)
- Optempo and personnel shortages

**Source: Behavioral Health Resource Disk, AMEDD-Modified**

**PALAU 32c**

*The Thousand Yard Stare*

by Tom Lea (U.S. Army Center of Military History)



This Palau stamp recreates a famous illustration of a U.S. Marine by Tom Lea, a writer and artist for *Life* magazine, who landed with Marines on Peleliu in September 1944.

**COSR & PTSD** in the Media:  
We are not all **traumatized**,  
Around 70% will experience  
some **Combat Operational Stress**  
**(COS)**



**Combat and Operational Stress Reaction (COS-R):** Physical, mental, and emotional symptoms that may result from Combat and Deployment including **Potentially Traumatic Events (PTE)**

# COS-R & PTSD Abbreviated Checklist



Note many similarities underlined: Seek Professional Evaluation. Both PTSD & COSR also share symptoms with Traumatic Brain Injury (TBI)

## COS-R / Acute Stress

Anxiety

Hyper arousal

Fatigue

Sleep disruption/disorders

Irritability/ Anger/Conflict

Cognitive distortions including:

- Problem solving
- Irrational thinking
- Memory

Re-experiencing event

Avoidance

## PTSD (1 Month + symptoms)

(Shock/Horror/Helplessness)

Hyper vigilance/Hyper arousal

Sleep disruption/disorders

Irritability/Anger/Conflict

Cognitive Distortions:

Dissociation/rumination

Hallucinations/Dreams

Flashbacks/ Emotionally numb

Preoccupation w/Death, Injury or  
re-experiencing events/

Avoidance

# Resiliency Insight # 3



**Combat, Adversity and Hardship**  
Can Strengthen our **Characters** and  
Build **Resiliency** When We Adopt and  
Maintain a **Warrior Philosophy**

*Being a Warrior is Mostly a State of Mind*

# Five Responses to Coping with Crisis

O'Leary & Ickovicks-modified



New York 9-11

## Traditional Therapy Focus

1. **Kindling (Worsening)**: Overreacting that worsens the problem and causes us to succumb to adversity
2. **Suffering (Victimized)**: Feeling persecuted or victimized by our circumstances
3. **Surviving (Existing)**: Returning to a subnormal level of daily existence. "Making it" but not growing

## Warrior Domain

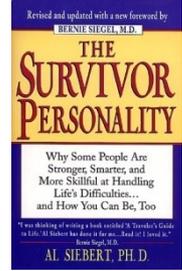
4. **Resilience (Recovering)**: Bounding back to our pre-trauma state. Rolling with life's misfortunes
5. **Thriving (Flourishing)**: Bouncing back, up and beyond. Transcending our previous level of living

\*As found in Dr. Pearsall's [The Beethoven Factor](#)

# The Resilience Factor & Survivor Personalities

Dr. Al Siebert

[www.thrivenet.com](http://www.thrivenet.com) / [www.resiliencycenter.com](http://www.resiliencycenter.com)



- Resiliency is not inborn, it is learned
  - Resiliency cannot be taught, it is results from self-motivated, self-managed learning
  - Resiliency is something a person *does*, it is not something they *have*. It is an interactive process
  - Each person's way of being resilient is unique to them and is appropriate for the circumstances they interact with
  - The effort to survive and overcome an adversity can transform a person into being stronger and better than they were before (PTG)
  - Resiliency can be increased and strengthened at any age
  - Resiliency correlates to strong immune system activity, which is linked to better health and long-life
- \*( Dr. Siebert is a former Army paratrooper. Please take his resiliency self-test online and visit his websites. He is an Army Resiliency consultant)

# Resilient Role Model:

## Dr. Viktor Frankl & Logotherapy



- Dr. Victor Frankl, author of [Man's Search For Meaning](#) was a psychiatrist who survived the **Holocaust** in World War II
- He noted that prisoners who could apply an **adaptive or significant meaning** to their **pain and suffering** survived longer with more dignity than those who decided their **suffering was meaningless** and became **helpless, hopeless and apathetic**

*“It did not really matter what we expected from life, but rather what life expected from us. We needed to stop asking about the meaning of life, and instead to think of ourselves as those who were being questioned by life - daily and hourly*

- As a **POW**, or in any **traumatic situation** we must always “**manage the meaning**” and answer life’s hard questions

# Hardiness Factors

Maddi & Kobasa

[www.hardinessinstitute.com](http://www.hardinessinstitute.com)

1. **Hardy Role models** who are parents or non-parents
2. **Cautious Optimism:** Being hopeful without being foolhardy
3. **Problem Commitment:** Being curious and involved in whatever happens to us. Remaining engaged without quitting
4. **Social Commitment:** When **trauma** strikes, maintaining commitment to family, friends and team
5. **Seek Challenges:** Hardy people live life to the fullest and maintain a deep sense of commitment
- ⑩ **Control:** Controlling the meaning of events and which aspects of an event are really able to be influenced includes giving up control: Hardy people know when to move on. Victory is not always external, but is always internal

# Resiliency Insight # 4



## Character, Virtue and Personal Discipline: Western Warrior Ethos & Modern Army Leadership

**Real Foundations for Personal and Team  
Resiliency and Combat Stress Control**

# Army Warrior Ethos



The **Warrior Ethos** refers to the professional attitudes and beliefs that characterize the American Soldier. It echoes through the precepts of the **Code of Conduct** and reflects a Soldier's selfless commitment to the **Nation, mission, unit, and fellow Soldiers**. The **Warrior Ethos** was developed and sustained through **discipline, commitment to the Army Values, and pride in the Army's heritage**

***FM 6-22 Army Leadership***



# Republics, Reason and Virtue

## From Ancient Greece to the U.S.A



- Character, rationality, self-discipline and citizenship were character strengths promoted in Ancient Greece, the Roman and British Empires and early United States
- Though all empires have faults and eventually fail, they all **flourished** through the **strength of character** of their citizens
- Character Strengths and Virtues are still found today in the **7 Army Values, Warrior Ethos, Code of Conduct, Ranger, NCO Creed** and other **Army** codes and creeds. **Character Counts!**
- Each **Soldier** is responsible for his or her own **character**, ethical and behavioral choices. No excuses!
- The **United States of America**, as a world leader, is firmly committed to only **“Winning with Honor”**

# Classic Warrior Coping Beliefs Throughout History



- **Character** can be enhanced throughout our lifetimes
- **Hardship and misfortune** are tools to strengthen **Warriors** just as metal is forged, not always a “**trauma**”
- Every day is an **Olympic game** or **Gladiatorial contest** in which we are tested. “Pain is inevitable, **suffering** is optional!”
- **Death, injury and loss** are occupational hazards that **Warriors** seek to avoid yet must accept acknowledge in the “**Profession of Arms.**”  
**Warrior Families** must also accept these risks
- The **Honor** and the **reputation** of the **Family, Team, Unit or Nation** must be maintained through **Right Action**
- In **Combat**, the **Mission and Team** often take priority over personal issues, sometimes even **Family issues** temporarily

**Spartacus led the largest slave revolt against Rome in 73 B.C.**



**Roman Centurions**



**“Moment of Truth”**



## **Classic Warrior Images**

**Spartan Warrior**



**Japanese Samurai**



**Scottish Highlander**



**Mounted Knight**



**Roman Coliseum: Site of Gladiatorial contests**

**Apache Warrior**



**Continental Soldiers**



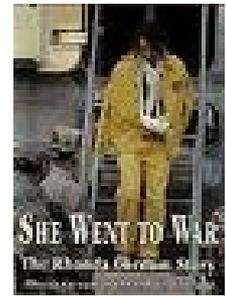
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# Resilient Role Model: BG Rhonda Cornum

## She Went to War: The Rhonda Cornum Story



- Brigadier General (then a Major) Cornum was a flight surgeon during the Gulf War who was badly injured when her Blackhawk helicopter was shot down in 1991. **Five crew members died**
- She endured two broken arms, a bullet wound, a torn knee and other injuries. She **“Returned with Honor”** living the **Code of Conduct**
- *“My Grandfather...knew first hand about tradition and loyalty to family, feelings that were cemented during four years in the **Marine Corps** and at **Iwo Jima and Guadalcanal**...He told me about **virtue** and how **a person’s word meant everything**. There were many things worse than dying, my grandfather said, and one of them was **living with dishonor**”*
- *“My family has recovered. If anything, **we are closer now after what happened**. My daughter (Regan).. has **suffered more loss** than I had as a girl, and that has **made her stronger**” (PTG)*
- General Cornum works for HQDA and the Office of the Surgeon General

# Resiliency Insight # 5



Marcus Aurelius  
The Stoic Emperor

**“It is not the event itself, but the view we  
take of it which disturbs us”**

*-Epictetus, Former Slave and Stoic Philosopher*

***Managing **Combat Operational Stress** By  
Managing Our Perceptions***



*Leaders cannot be at the mercy of emotion. It is critical for leaders to remain calm under pressure and expend energy on things they can positively influence and not worry about things they cannot affect*

## **FM 6-22 Army Leadership**

# Rationality and Reason as Mental Armor



- Rationality Comes from the Greek **Ratio**, meaning perspective
- Highly valued in ancient and modern cultures
- Basis of **philosophy**, **Stoicism** and rational, science-based counseling forms like REBT
- A Rational Perspective is the foundation of **Military Decision Making Process** and **Critical Thinking**
- Is opposed to **excessive emotionality**, especially **terror**
- Must be learned, modeled and then practiced daily
- Best combined with **Emotional Intelligence**: The ability to read, empathize and **respond appropriately** to others

# Stoicism: 300 B.C. – 300A.D.

[www.stoics.com](http://www.stoics.com)



**Stoics** believed that **rational** humans or “agents” can only fully control or select internal events. All external things are only within our influence, however strongly we prefer them, including health, success, reputation, etc... Our **moral purpose** or **virtue**, depend only upon those things **within our control** or **free will**.

Stoics therefore rigorously perfected their:

- 1. Free Will or Moral Purpose:** Including our chosen spiritual paths, life philosophies and moral excellence or virtue
- 2. Rational Beliefs:** Including evaluations, values and appraisals. Stoics rigorously managed their perceptions
- 3. Correct Emotions:** Reducing or eliminating **anger, rage, panic** and **depression**, and generating the right degree of emotion for the situation. May include **grief, sorrow, joy & acceptance**. Stoics valued **balance** and **harmony**
- 4. Right Action:** How we act or restrain ourselves. **Goal-oriented** and **responsive** and never **self-destructive, reactive** or **dangerous**. **right action and emotions** should be naturally chosen because of **conditioned habit**

# Rational Emotive Behavior Self-Coaching (REBT & Dr. Albert Ellis)



**Responding vs. Reacting**  
**Stoic Principles and Modern Rational  
Counselling for Warrior Self-coaching**

# Warrior Self-Coaching Model

## Learning the ABC's of REBT self-coaching

[www.albertellisinstitute.org](http://www.albertellisinstitute.org) / [www.rebt.org](http://www.rebt.org)

**Activating Events:** Negative external events or adversity

**Beliefs:** Thoughts, judgements, attitudes, opinions  
rules we access “about” the external event

**Consequences** (Result of our interpretation of those Beliefs)

***Emotions:*** Rage, depression, anxiety, panic (dangerous) vs.  
sorrow, grief, frustration, serenity and acceptance

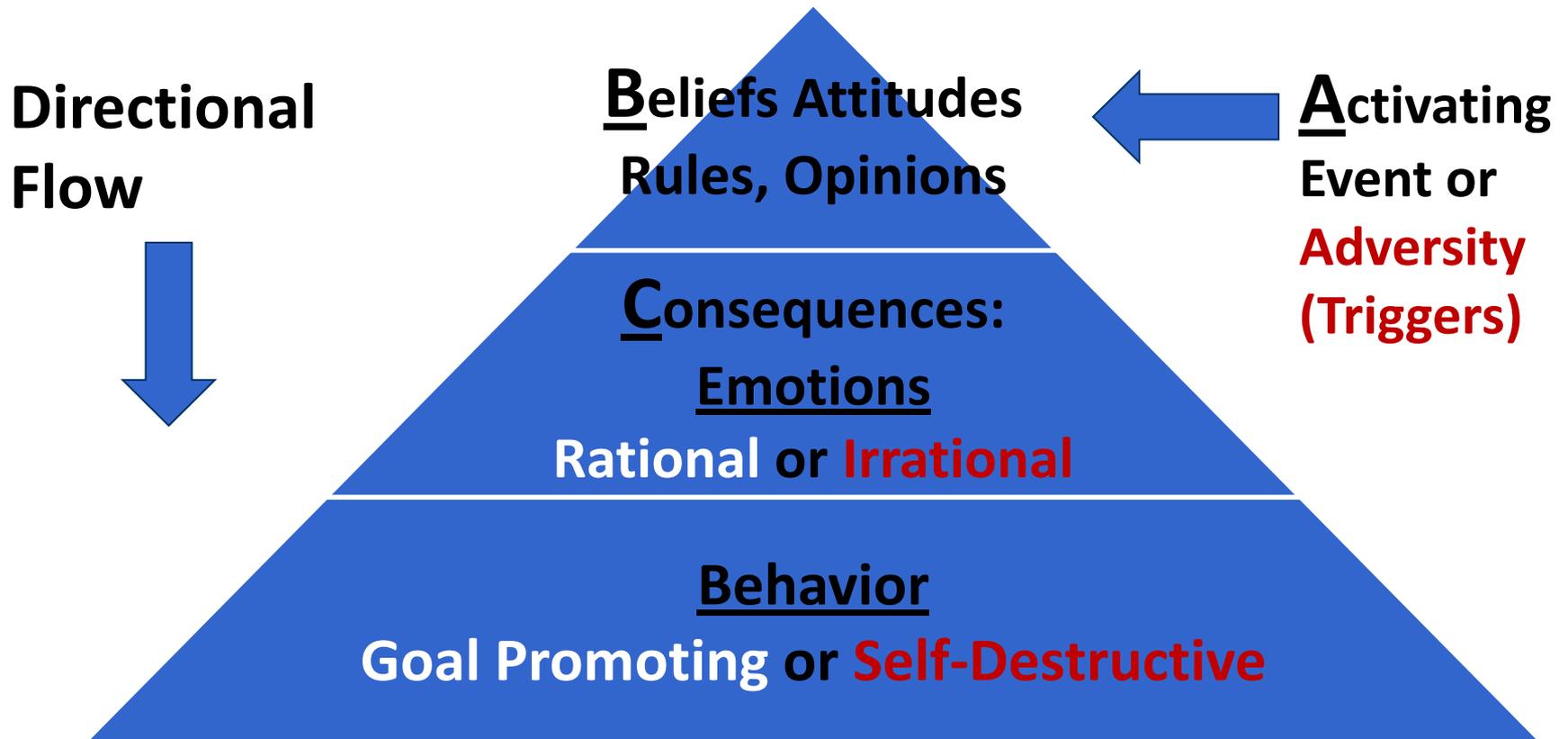
***Behavior:*** Maladaptive reactions (arguing, fighting, apathy) vs.  
Adaptive responses and rational choices

**Disputation:** Actively challenging, defeating and restructuring our  
Irrational Beliefs and self-talk

**Effective New Beliefs:** Rational beliefs vs. the original Irrational  
Beliefs, which generated the problem. Never “rose colored  
glasses” but a new perception!

# REBT “A-B-C” Cycle of Emotions

Our evaluations and appraisals generate our emotions and behavior. Select a **rational perspective** or suffer the **emotional** and **behavioral** consequences!



# Resiliency Insight # 6



The enemies of reason are **Irrational Beliefs**: Like “**internal insurgents**”  
**Warriors** must identify, neutralize and replace them!

*Identifying and Disputing **Irrational Beliefs**  
and **Cognitive Distortions***

# “Internal Insurgents”

## A Recipe for Suffering

Dr. Albert Ellis & Rational Emotive Behavior Therapy (REBT)



- **Should, Must or Demands:** Arguing the environment must change or others must agree or act differently vs. having preferences and accepting what can and cannot be changed
- **Low Frustration Tolerance:** Telling yourself you can't stand or endure something or someone vs. resiliency and tolerance
- **Awfulizing/Magnification:** Convincing yourself events are the worst thing possible vs. putting them in a rational perspective that you can accept. Not “liking it” or “rose-colored glasses” as much as dealing with events rationally
- **Blame, Self-blame or Personalization:** Externalizing or blaming others, or taking things personally vs. accepting responsibility

# “Internal Insurgents”

## Select Cognitive Distortions



(Doctors Aaron Beck & David Burns: **Cognitive Therapy**-modified)

- **Emotional “reasoning”**: Being driven by our emotions vs. using rationality. Relying on feelings alone vs. confirming our assumptions with reality and others
- **Overgeneralization**: Taking a current negative event and imagining it will go on forever. Very common in depression An strong inability to see things as time limited and specific
- **Negative Filter**: Being able to only see the negative aspect of events, ourselves, others or the future (**pessimism**) vs. staying solution focused
- **Black and White Thinking**: Rigidly insisting there is only a right and wrong viewpoint vs. viewing events from a different perspective or “in context”

\*Recommend [The Feeling Good Handbook](#) by Dr. David Burns

# Warrior Self-coaching Example



**A = Activating Event:** Divorce, separation, UCMJ, team conflict, etc...(Really any negative event)

**B = Beliefs:** This is **unfair!** This **must not be!** She/he/this is a &%\$#@! This is **terrible!!** I can't take this! They are **making me feel** this way! I **have to stop** this!

**C = Consequences:** (Emotions and actions we create)

**Emotions:** Panicked, depressed, rageful, apathetic, resentful \*

**Actions:** Fighting (in person or long-distance), threats, low performance, reduced mission capability

\*Suicidal or Homicidal thoughts and/or behaviors. Get help immediately! (Chain of Command, E.R. CSC, Behavioral Health, Chaplain, Onesource)

# D = Disputation

## Challenging Irrational Beliefs



- Why must he/she/they/life be perfectly fair?
- Marriage vows/codes/rules are not guarantees of perfect behavior, but agreements and covenants!
- Just because I maintain my values, does not mean others must as well! How can I influence others to honor the standards they have agreed to or accept they won't?
- Telling myself “this is terrible” is making it worse!
- Why must things be my way?
- Who gave me a “right to be angry,” besides me?
- Why can't I stand this? Have I not endured this far?

# E = Effective New Beliefs



- This is outside of my control, I can only control myself and influence or lead others!
- This is happening for a reason. I will choose or find a meaning I can live with! Have faith and stay optimistic!
- I can and will handle this. Stay responsive!
- My team, family and country need me to endure, stay strong and complete this mission. It not **just about me!**
- I will get through this! This is temporary!
- How is this **adversity** strengthening my character?
- I can and will remain resilient and **thrive** through this!

# Resiliency Insight # 7



## The Correct Degree of Emotions Guide Warriors by:

- Connecting us with others (grief, sorrow, compassion)
- Revealing to us through our **reactions** and later responses what we consider important and relevant in life
- Inspiring us to great heights (empathy, love, joy, pride)
- Protecting and guiding us, by signaling or detecting **danger**, often before our rational minds can respond (intuition, flight/fight, “sixth sense.” Not irrationality)
- Allowing us to have compassion and empathy for our **Fellow Warriors, Families** and even our **enemies**, when in captivity.  
Warriors practice \*Emotional Intelligence

\*Read Daniel Goleman’s Emotional Intelligence

# Coaching Other Warriors for Resiliency & Thriving “Connect, Clarify and Commit!”



Mike Jay: Leadership University: [www.b-coach.com](http://www.b-coach.com)

- We all use **coaching** and informal **counseling** as **Leaders**
- **Leadership coaching** is informal, unlike **professional coaching**
- **Leaders** counseling Soldiers not “**at risk**” should listen for the “**think-feel-act**” cycle affecting their **Soldiers** and endeavor to:
  1. **Connect:** Build rapport with the Soldier. Allow them to tell you their narrative. Understand what they feel emotionally and why
  2. **Clarify:** Ask questions to identify **key beliefs, rules and opinions** influencing their emotions and actions. Some will be **rational**, others **irrational**. Help them develop **rational** alternatives
  3. **Commit:** Help clients commit to new, **rational beliefs and behaviors** which will assist them meet their **professional and personal goals**. Always refer to a **Provider** if **at risk or in doubt**

# Resiliency, Thriving and Post Traumatic Growth Are Sometimes not Possible: **Suicide**

- Warriors who are seriously **depressed** are at risk for **suicide**. They face “**internal insurgents**” as dangerous as any external stressors
- **Depressive, irrational thinking** is like a **virus** which must be quickly detected, challenged and replaced with rational and more **resilient** beliefs. **Professionals** are well-trained to assist clients **at risk**
- These **irrational beliefs** “infect” a **Warrior’s** view of themselves, others, their environment and the future producing “**shattered assumptions**” **hopelessness, helplessness, depression** and possibly **suicide**
- Some disorders require medication for stabilization. Others are biologically based and must be treated with **medication** and **therapy**
- Soldiers rejecting counseling falsely believe they **can not** be helped!
- Attend **Suicide Awareness Training** regularly and visit a **Licensed Health Care provider, Chaplain, Command team and/or TMC Emergency Room** if you or another Soldier is “**at risk**” or **Suicidal**. Never, ever leave a **suicidal Soldier** alone! **Get Professional Help now!**

# Resilient Role Model

## SGT Ty Ziegel , U.S.M.C.



### One Warrior's Philosophy That Turned **Loss** into Thriving and Post Traumatic Growth



Despite **pervasive injuries**, including **loss of left arm and eye, part of his skull and brain and right fingers, and 80% overall burns**, **Ty Ziegel's Warrior Ethos** continues to inspire others



After **SVBIED** and Rehabilitation at Fort Sam Houston

With Fiancée  
Before **Combat Casualty**

# Adopting a Warrior Philosophy

**Victim = Red** (Before speaking with Ty) vs.  
**Warrior = Green** (\*After inspiration from TY)

Thinking  
**Worst Thing  
That Could  
Have Happened**  
**“Right to be Angry”**

vs.

**It Could Have  
Been So Much  
Much worse!**

Actions  
**Avoiding Rehab  
Argumentative**

vs.

**Motivated to  
Rehabilitate  
More Social**

Emotions  
**Rage, Resentment  
Depression**

vs.

**Relief, &  
Appreciative  
Acceptance**

# Resiliency Insight # 8

## Marry a Warrior and You Join The “Warrior Elite”



- The **7 Army Values** may serve as a template and guide to balancing Army and Family Life, when lived and modeled by both **Spouses** and **Soldiers** alike
- **Army Families** are an elite “Warrior culture”, which requires great **character and commitment**. We are not in the Army alone, our family is in with us
- **Warriors families** that learn together to **remain resilient and thrive** will have the best hope of “**Returning and living with Honor**”
- If you are single or in a **committed relationship**, ask if your future spouse can and will maintain these or similar **Character Strengths and Values** in the future

# Resilient Army Families and Teams



- Survive and thrive through combat deployments , separation and other adversities
- Value team members thoughts and emotions, but do not take responsibility for others actions or feelings
- Grow together through hardship (Thriving)
- Distribute work fairly and lead by personal example
- Tell the Truth (as in the Emperor's Clothing Fable)
- Develop and share either a family or unit vision which supports both the Army and personal values
- Practice Rationality and Emotional Intelligence
- Promote Family and team cohesion and pride

# Resilient Role Model

## 1SG Creed McCaslin



Creed with son Julian

“Anyone can be a Soldier, not anyone can be a Warrior! A true Warrior strives for peace, not war, however will sacrifice all to protect those that cannot protect themselves. With that said, a true Warrior is not just a fellow comrade in arms, but a good family man, a good friend, and a good member to society”

**1SG Creed McCaslin** is a U.S. Special Forces, Ranger, Sapper and Sniper qualified veteran of OIF and OEF where he trained Iraqi Special Forces and Swat Teams and received the Purple Heart. He survived a SVBIED where his back was broken and the Mosul Dining facility suicide bombing. As when he was the 1SG of the Warrior Transition BN, Ft. Lewis, WA, 1SG McCaslin still inspires other Warriors with PTSD and other physical injuries to apply their Warrior Ethos daily in overcoming their injuries to “return with honor.” Creed is a personal role model and friend to the authors of the WRT Program. He lives the Special Forces Motto: “De Oppresso Liber” (Free the Oppressed!)

# Loyalty



**Bear true faith and allegiance to the U.S. Constitution, the Army, and other soldiers.**

**Be loyal to the nation and its heritage**

**Bear true faith and allegiance to your spouse, marriage, family and the Army lifestyle. Your Family needs you to be as committed to them as a Warriors are to their missions**

# Duty



**Fulfill your obligations. Accept responsibility for your own actions and those entrusted to your care  
Find opportunities to improve oneself for the good of the group**

**Fulfill your marriage or relationship vows. If you choose not to remain together, separate with dignity and honor. Utilize Chaplains, ACS, counseling or mentoring resources, whether deployed or not before an issue becomes a crisis**

# Respect



**Rely upon the Golden Rule.  
How we consider others reflects upon each of us, both personally and as a professional organization**

**Rely upon the Golden Rule with your Family.  
How we consider others reflects upon us as Warriors and Family members. Show the same standard of respect both at home and while on duty**

# Selfless Service



**Put the welfare of the nation, the Army, and your subordinates before your own  
Selfless service leads to organizational teamwork and encompasses discipline, self-control and faith in the system**

**Put the welfare of your Nation, Family and children above your own. Selfless service promotes family resiliency and encompasses personal discipline, self-control and faith in our Army Family's mission**

# Honor



**Live up to all the Army values**

**Respect and know the Army values and identify your own personal values. Strengthen your own virtues and character strengths through your military experiences, including deployment and separation**

# Integrity



**Do what is right, legally and morally.  
Be willing to do what is right even when no one is  
looking  
It is our "moral compass" an inner voice**

**Do what is right, legally and morally.  
Do what is right whether we or our partner is  
deployed or not.  
Our family's moral compass sets the standard for  
our children. Do what is right, because it is right**

# Personal Courage



**Our ability to face fear, danger, or adversity, both physical and moral courage**

**Our ability to face separation, loneliness and adversity, both physical and moral courage.**

**The ability to care for your family, including encouraging our partners to get help when needed, to preserve our families**

# Resilient Role Models

## Admiral James and Sybil Stockdale



### Returning with Honor

- Served 8 years the ranking Naval Officer POW in North Vietnam's "Hanoi Hilton"
- Brutally tortured and manipulated by North Vietnamese captors. Incurred PTSD and TBI during captivity
- Fought for and lived the "Code of Conduct" and led fellow Americans through his personal example of virtue and self-discipline. He received the Congressional Medal of Honor
- Used Stoicism as a form of resiliency to endure captivity with honor as described in his book Courage Under Fire Testing Epictetus's Doctrines in a Laboratory of Human Behavior
- His spouse Sybil Stockdale maintained fidelity, faith and hope during his ordeal. She is a true Warrior Spouse who received one of the highest U.S. civil awards for service. She and Admiral Stockdale wrote In Love and War

# LTC (Retired) Dave Grossman\*

Author of “On Combat” & “On Killing”

[www.warriorsciencegroup.com](http://www.warriorsciencegroup.com)



- If you are serving or in War, you are a Warrior!
- Two kinds of persons in crisis: Warriors and Victims Choose and train yourself before the crisis!
- Warriors are like Sheepdogs protecting Sheep, preyed upon by Wolves. Sheepdogs, like Warriors, are often taken for granted or dismissed until danger is present
- Our armor, like that of Knights of Old, defines us as modern Knights who are willing to confront and defeat evil today as in times of old
- Civilization itself will fail without the Warrior Elite which protects them. We are the modern Paladins!

\*LTC (R) Grossman is a former Airborne Ranger Infantry Officer who lectures internationally to Police and Military Units on Warrior Ethos. He recently presented at the First Army Warrior Resilience Conference in 2008

# Resiliency Insight # 9

## To Remain Resilient

### We Must Sleep!



- Our ability to remain rational and effective is directly deteriorated by sleep loss
- Sleep 7-8 hours/24hr day. Take 20-30 min naps if needed, the earlier the better
- Avoid over the counter sleep aids or dependence upon medication for proper sleep hygiene (without Dr Rx)
- Consult Providers to learn proper sleep hygiene
- Attempt to arrange schedules that give opportunities to sleep at consistent times
- Avoid caffeine/energy drinks (Rip it/Red Bull etc...) or Reduce portions or limit to 6 hours before bedtime
- You can catch up on sleep! (sleep bank)

# Resiliency Quotes Worldwide

- “As a man thinketh, so is he” Proverbs 23:7
- “The mind is its own place, and in itself, can make heaven of hell and a hell of heaven” John Milton- Author
- “Its not stress that kills us, it is our reaction to it”  
Hans Selye- Scientist who coined the term “stress”
- “If we know why (we suffer) we can endure any how”
- “What doesn’t break my back makes me stronger”  
Nietzsche- German Philosopher
- “...more than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope...” Romans 5:3

# Resiliency Insight #10

## We Must Continually Review Resiliency



### WRT Checklist

1. Is this event fully within my control or not?
2. Am I focusing on what I can control, as the Serenity Prayer suggests, or trying to **change my environment**?
3. Am I maintaining my **virtue**, reason, purpose and optimism for myself, my team and my family?
4. Am I **reacting like a victim** or **responding as a Warrior**?
5. How will I **remain resilient** and **thrive** through this?
6. Who should assist me professionally? (CSC, Chaplain, etc..)
7. What true harm can come to me as a **Warrior** if I maintain my **virtue, faith, and honor**, including even my own **death**?
8. Now that I am **back in control**, how will I **lead my team**?

# On behalf of the 98<sup>th</sup> Combat Stress Control Prevention Team

## Stay Resilient, Thrive and Return with Honor!



**WRT Medic** Practicing  
**REBT** with **WRT**  
**NCO Peer Coach**, 2005  
Camp Liberty, Iraq

Please go to AKO Group **Warrior Resilience & Thriving (WRT)** and complete and return electronically our **Course Feedback Form**. You may also download **Warrior Family Resilience & Thriving (WFRT)** Contact the author, **Major Thomas A. Jarrett, LCSW/DCSW** at: [thomas.a.jarrett@us.army.mil](mailto:thomas.a.jarrett@us.army.mil) or [stoicwisdom@earthlink.net](mailto:stoicwisdom@earthlink.net)

# Essential Resiliency Resources

- [www.authentichappiness.sas.upenn.edu](http://www.authentichappiness.sas.upenn.edu) Dr. Martin Seligman's Positive Psychology site (*Learned Optimism; Authentic Happiness*)
- [www.battlemind.army.mil](http://www.battlemind.army.mil) AMEDD Battlemind Resiliency Training AMEDD Lifecycle Deployment Resources for Soldiers and Spouses
- <https://www.cs.amedd.army.mil/sfsb/video/PRT/PRT.htm> Army Provider Resiliency Training (PRT)
- [www.rebt.org](http://www.rebt.org) The Albert Ellis Institute. Founder of REBT and ABC Theory of Emotions. *Reason and Emotion in Psychotherapy*. Military discount
- [www.resiliencycenter.com](http://www.resiliencycenter.com) Dr. Al Siebert's Resilience site. Author of *The Resilience Advantage*
- [www.thrivenet.com](http://www.thrivenet.com) Dr. Al Siebert's site: Author of *The Survivor Personality* (highly recommended)
- <http://nancysherman.net> Author of *Stoic Warriors: The Ancient Philosophy Behind the Military Mind*. (Highly recommended)
- **Stoic Foundation Website:** <http://www.btinternet.com/~k.h.s/stoic-foundation.htm>
- **Warrior Resilience Training on AKO Groups. Warrior Family Resilience & Thriving (WFRT):** Major Thomas A. Jarrett, LCSW.

**Note: If you or another soldier is at risk, please contact Command, Chaplain or Behavioral Health/Combat Stress immediately! Never leave a Warrior at risk!**

- Julia Annas: *The Morality of Happiness*
- David Burns: *Feeling Good: The New Mood Therapy* & *The Feeling Good Handbook*
- Rhonda Cornum: *She Went to War, the Rhonda Cornum Story*
- Albert Ellis: *Feeling Better, Getting Better, Staying Better: Profound Self-Help Therapy for Your Emotions* ; *Reason and Emotion in Psychotherapy*
- Victor Frankl: *Man's Search for Meaning*
- Pierre Hadot: *The Inner Citadel* ; *Philosophy as a Way of Life*
- Mike Jay: *CPR for the Soul: Creating Personal Resilience by Design*
- A. A. Long: *A Stoic and Socratic Guide to Life*
- Tom Morris: *The Stoic Art of Living*
- Paul Pearsall: *The Beethoven Factor: The new Positive Psychology of Hardiness, Happiness, Healing and Hope*
- Keith Seddon: *Stoic Serenity: A Practical Course on Finding Inner Serenity*
- Marty Seligman: *Learned Optimism: How to Change Your Mind and Life* ; *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*

# Essential Resiliency and Stoic Resources

- Marty Seligman and Chris Peterson: *Character Strengths and Virtues*
- Nancy Sherman: *Stoic Warriors: The Ancient Philosophy Behind the Military Mind; Making a Necessity of Virtue*
- James Stockdale: *Courage Under Fire: Testing Epictetus's Doctrines in a Laboratory of Human Behavior; In Love and War*

## Ancient Stoic Original Translated Sources:

- Marcus Aurelius: *Meditations* (Gregory Hayes edition)
- Cicero: *De Officiis* (on Duties) ([www.stoics.com](http://www.stoics.com))
- Seneca: *Moral Essays; Moral Epistles* ([www.stoics.com](http://www.stoics.com))
- Epictetus: *Enchiridion; Discourses* Loeb Classical series

## Army Manuals:

- FM 6-22 Army Leadership; FM 3-24 Counterinsurgency

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