



Warrior Resilience & Thriving (WRT)



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

Fort Sill Social Work Service & Outreach Program

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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 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. It is all about practice!
- **WRT, Resiliency, Virtue and Character Strengths and Rationality** are in **blue** signifying **calm** and **self-control**
- **Warrior, Warrior Ethos, Thriving and Post Traumatic Growth (PTG)** are in **Army green**, signifying **growth** and **duty**
- **Irrational beliefs, Combat Operational Stress Reactions (COS-R), PTSD** and other **risk factors** are in **red**, signaling “**at risk**” or **caution!**
- If you or another Soldier is “**at risk**” see a provider immediately! **WRT** is for informational purposes and does not replace **professional counseling** when necessary!

WRT Terminal Learning Objectives*

- **Enhance** Resiliency, Thriving and Post Traumatic Growth recognition and responses in Warriors and Combat Teams
- **Impart** Rational Emotive Behavior Therapy (REBT), self-counseling and coaching strategies to reduce **combat operational stress**, personal, unit and relationship issues
- **Promote** the 7 Army Values, Warrior Ethos and Character Strengths and Virtues as found in Army Leadership (FM 6-22)
- **Inspire** Warriors through multiple Resilient Role Models, who have left timeless resiliency and survivor guidelines
- **Reduce** “barriers to care” by demonstrating to Warriors and Commands that WRT enhances Warrior Ethos to preserve the fighting force vs. focusing on **deficits** and **diagnoses**
- **Reinforce** those resilient traits Warriors employ daily

**Prior to WRT, You should have attended Army Suicide Awareness Training and Battlemind Training if possible*

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Resiliency Insights/Sections

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Resiliency Insight # 1



Expect and Prepare for **Adversity** and **Hardship** by Developing **Resilient Character Strengths** and **Virtues** That Will Assist You to **Thrive**

Building A Real Resiliency Foundation

Resilient Character Components

- **Endurance:** The ability or strength to continue or last despite **fatigue, stress or adversity** and **multiple deployments**: 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, vigor, durability, “grace under pressure”
- **Character:** Moral excellence, ethical standards and principles in action. Includes Virtues and Character Strengths like Wisdom, Courage, Justice, Temperance Humanity and Transcendence (Spirituality) and the **7 Army Values**
- **Thriving & Post Traumatic Growth (PTG):** Enhanced functioning and positive change after enduring a **trauma or adversity** including relating to others, new possibilities (and choices), personal strength, spiritual strength, and appreciation of life *

* See Calhoun & Tedeschi: *Handbook of Post Traumatic Growth (PTG) and the PTG Inventory*

Character: Moral Excellence & Warrior Ethos

- In Ancient Ethical Theories, **Virtues** were dispositional with **Character Strength** developed through the **habit of choice**
- **Virtues** and **Vices** are both chosen, based on what we perceive as “**right action.**” We have **choice or free will**
- We can manage our perceptions and appraisals (**rationality**) to properly control our emotions and behaviors
- **Virtues** are **stable states** vs. **inborn personality traits**, though some **traits** are biologically influenced
- **Virtue** involves repeated **practice** and **correct choices** until a **habit of choice** is built up and guided by **correct emotions**
The **Marine Corps** call this **Ethical Muscle Memory**
- **Army Ethics and Leadership** Training (**FM 6-22**) expect a standard of **character excellence** known as the **Warrior Ethos**

Cross-cultural Virtues and Character Strengths: No real Resiliency without *Virtue and Character*

**Samurai /
Code of Bushido
Nine virtues**

**Honor
Loyalty
Courage
Respect
Honesty
Wisdom
Filial piety
Rectitude
Benevolence**

**U.S. Army
Seven Army Values:**

**Honor
Loyalty
Personal Courage
Respect
Duty
Selfless Service
Integrity**

**Positive Psychology's
Six Universal Virtues:**

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

**Classic Western Cardinal Virtues:
Temperance
Prudence
Fortitude
Justice**

**Theological Virtues:
Faith
Hope
Charity**

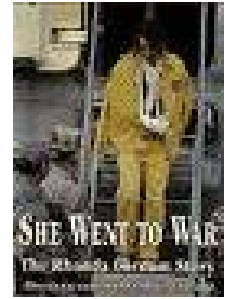
*Please take the Values in Action Survey, and other useful measures at: <http://www.authentichappiness.sas.upenn.edu/>

WRT 2008 Unclassified Informational Purposes Only



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 # 2



Combat Operational Stress (COS) and COS-Reactions are Much More Common Than PTSD: All can be Managed or Treated Effectively

Putting PTSD in Perspective: Reviewing the Mental Health Advisory Team Studies

COS-R & PTSD Abbreviated Checklist



Note many similarities underlined: Seek Professional Evaluation. Both PTSD and 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

Avoidance

Post Combat Operational Stress

Please see current MHAT Team results or contact: 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 2nd or 3rd 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) 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
- Home front problems: Fighting, divorce, separation, financial, relationships, etc...
- Restrictive FOB, JSS or COP environments
- Poor Leadership and Poor Followership
- Counterinsurgency/Peacekeeping/Cultural Strain
- Compassion Fatigue (Chaplains/Medical/Leaders)
- Optempo and personnel shortages

Adapted From: AMEDD Behavioral Health Resource Disk



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)**

Resilient Role Model: GEN CARTER HAM

- In 2004, General Ham was the commander of Multi-National Brigade-North (MNB-N) in Iraq. He survived **IED strikes** and other attacks. On Dec 21, 2004 **14 US troops** under his command **were killed in a brazen suicide bombing** in a DFAC in Mosul
- GEN Ham returned from the war and recognized that **things were different**. He sought help from a **Chaplain** and then went public to encourage other **Warriors** to get help – a sign of **strength, not weakness**

“Something was different... The dog comes bounding out of the house and leaps up on me and I start bawling like a baby... I needed a little help and I got a little help.”

- Not **PTSD** but **Post Combat Stress Disorder**, which includes **sleeping difficulties , anxiety, irritability** and **feeling out of place**, affecting up to 20 % of returning **combat veterans**



Resiliency Insight # 3



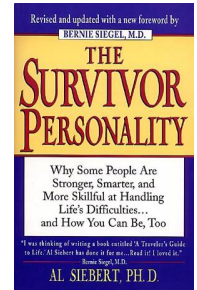
Combat, Adversity and Hardship
Can Strengthen our **Character** and
Build **Resiliency** When We Adopt and
Maintain a **Warrior Philosophy**

Being a Warrior is Mostly a State of Mind

Converting Misfortune into Growth (PTG)

Dr. Al Siebert

(www.resiliencenter.com www.thrivenet.com)



“Learning lessons in the school of life is the antidote to **feeling victimized**. They can convert a situation that is **emotionally toxic** for others into something **emotionally nutritious** for them. They **thrive** in situations distressing to others because they learn good lessons from **bad experiences**. They convert misfortune into good luck and gain strength from adversity” (Also known as serendipity)

Five Responses to Coping with Crisis

Adapted from: O'Leary & Ickovicks



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 Goals

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](#)

Hardiness Factors

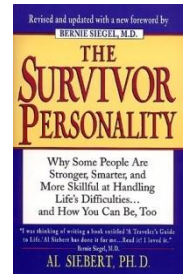
Maddi & Kobasa

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
6. **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 always internal

Survivor Personalities & The Resiliency Advantage

Adapted From Dr. Al Siebert: The Resiliency Center

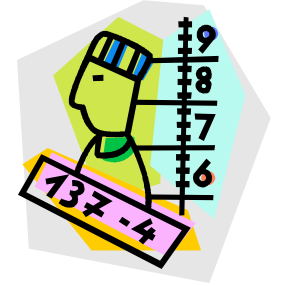


- Resiliency is not inborn, it is learned
- Resiliency ...results from self-motivated, self-managed learning
- Resiliency is something a person does, it is not something they have. It is an interactive process
- Each person's way of being resilient is unique to them and is appropriate for the circumstances 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 was a former Army paratrooper and Army PRT consultant. Please take his resiliency self-test online and visit his websites. www.thrivenet.com/www.resiliencycenter.com)

Resilient Role Model: Dr. Viktor Frankl & Logotherapy

www.logotherapyinstitute.org



- 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

Resiliency Insight # 4



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

**Strong Foundations for *Personal and Team*
Resiliency and Combat and Operational Stress
*Control***



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 later in the United States
- Though all empires had faults and eventually failed, they all **flourished** through the **strength of character** of their **citizens**
- Character Strengths and Virtues are still stressed today in the **7 Army Values, Warrior Ethos, Code of Conduct, Ranger, NCO Creed** and other **Codes and Creeds** which are also found in our **spiritual paths**. Character Counts!
- **Every Soldier** is responsible for his or her own **character**, ethical and behavioral choices. No excuses! The **United States of America** is firmly committed to **“Winning with Honor”**

Classic Warrior Philosophies

Throughout History



- Character can and should be enhanced throughout our lives
- **Hardship and misfortune** are tools to strengthen Warriors who grow through adversity- not automatically 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 and acknowledge** with their families as part of the “Profession of Arms” or “Warrior Elite”
- The **Honor** and **Integrity** of the **Family, Team, Unit** and **Nation** must be preserved and lived daily through **Right Action**
- In **Combat**, the **Mission and Team** will often take priority over personal issues and even **Family issues** temporarily

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

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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Resiliency Insight # 5

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

–Epictetus, Former Slave and Stoic Philosopher

The insights of Stoic Philosophers and Warrior Self-Coaching Strategies are proven ways to manage Combat, Operational, Team and Relationship Stress



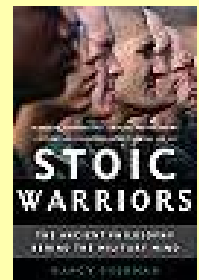
Stoic “Warriors”: 300 B.C.– Present

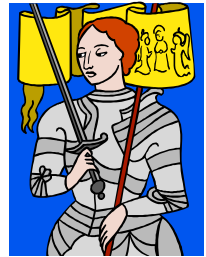
Ancient Resilient Philosophy

Stoics believed that humans can only fully control or choose their paths, thoughts, feelings and actions. All external things are only within our influence. **Stoics** therefore focused on their:

1. **Will and Moral Purpose:** Spiritual paths, life philosophies, moral excellence, Character Strengths and Virtues
2. **Rationality:** Rational beliefs, values and appraisals. Stoics rigorously managed their perceptions and evaluations
3. **Adaptive Emotions:** Eliminating **rage, panic, depression** and **excessive guilt** and generating moderate emotions like grief, sorrow, remorse, joy, tranquility and confidence
4. **Right Actions:** Goal-oriented and responsive, not **self-destructive, reactive** or **dangerous**. Developing the “habit of virtue”

***Stoic** principles are still used in the **U.S. Armed Forces** and cognitive therapies *See Dr. Nancy Sherman: *Stoic Warriors and Admiral James Stockdale*

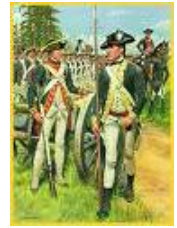




Leaders cannot be at the mercy of emotion. It is critical for leaders to remain calm under pressure and expend energy on things they can positively influence and not worry about things they cannot affect

FM 6-22 Army Leadership

Rationality and Reason & Optimism as Mental Armor



- Rationality comes from the Ancient Greek term **Ratio** or “perspective” and was highly valued in the ancient world
- Reason is the foundation of **science, philosophy** and rational, evidence-based counseling forms like **REBT** and **Cognitive Behavioral Therapy (CBT)**
- A rational perspective is the foundation of **Military Decision Making Process (MDMP)** and **Critical Thinking**
- It is opposed to **excessive emotionality**, especially **terror**
- Must be taught, modeled and practiced for proficiency
- It is essential for effective **communication, negotiation and conflict resolution**

Warrior Self-Coaching Model

Learning the ABC's of REBT

www.albertellisinstitute.org / 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 interpretations)

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

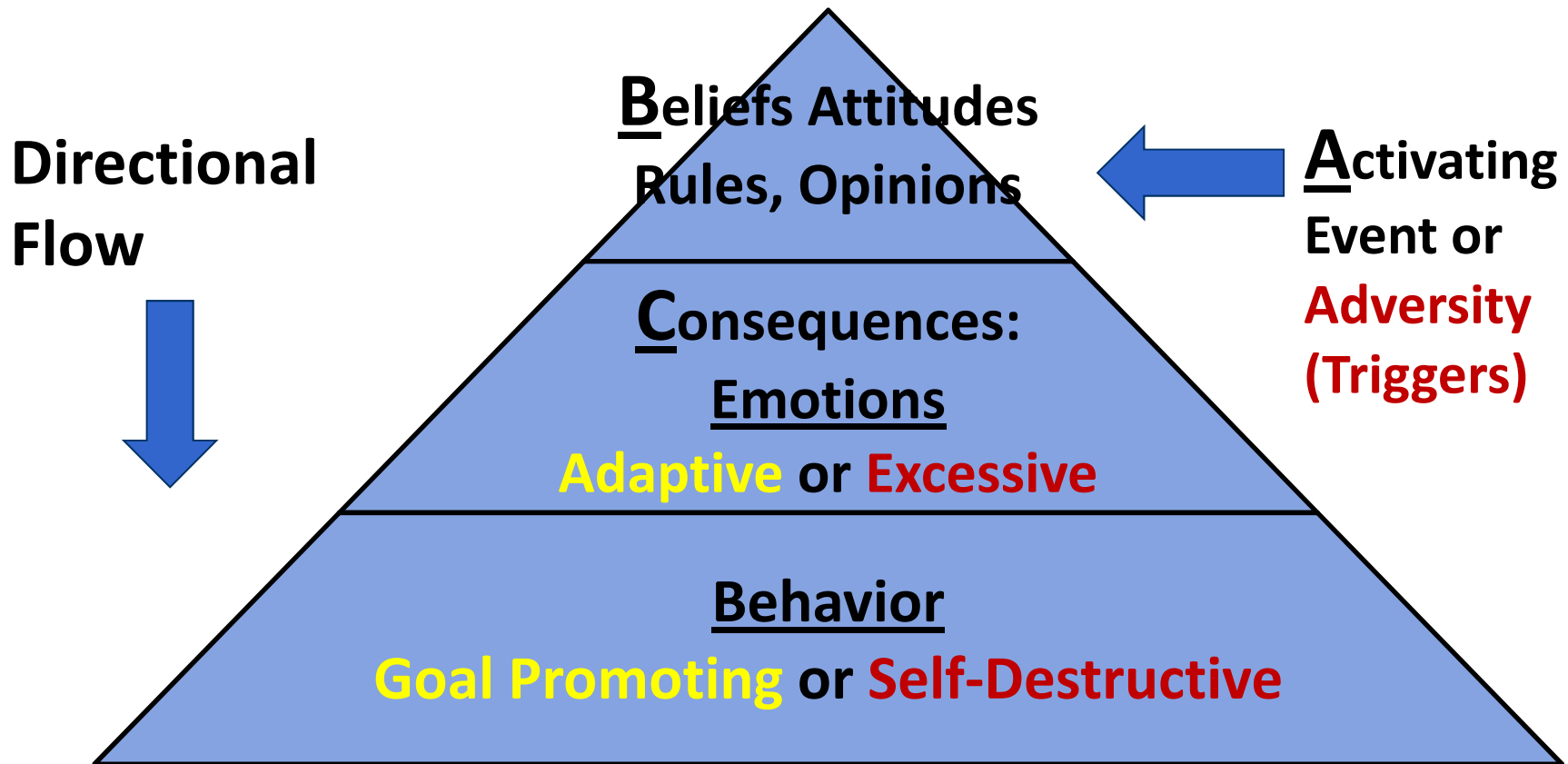
Disputation: Actively challenging, defeating and
restructuring our Irrational Beliefs and self-talk

Effective New Beliefs: Rational beliefs vs. the original
Irrational Beliefs, which generated the problem

Goal: Accomplish objectives and seek fulfilment

REBT “A-B-C” Cycle of Emotions

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



Resiliency Insight # 6



Rationality Must be Practiced Daily To
Defeat the “**Internal Insurgents**” That
Create **Emotional Suffering** and “**At
Risk**” Behaviors

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

“Internal Insurgents”

REBT Irrational Beliefs: 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

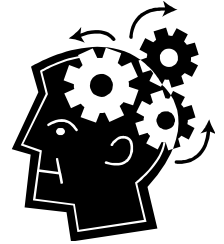
*Visit The Albert Ellis Institute: www.rebt.org

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“Internal Insurgents”

Cognitive Distortions: A Recipe for Suffering

(Adapted from Dr's Aaron Beck & David Burns: [Cognitive Therapy](#))



- **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; team conflict; Optempo, etc...(Really any negative external event)

B = Beliefs: This is **unfair!** This **must not be!** She/he/this is **&%\$#@!** This is terrible! **I can't take this!** They are making me feel this way! I have to be able to control this! He, she or they **must** live up to my standards!

C = Consequences (Emotions and actions we create)

Emotions: Panicked, depressed, rageful, apathetic, resentful, passive aggressive

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

***Suicidal or Homicidal thoughts and 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?
- Why can't I stand this? Have I not endured this far?
- Marriage vows, codes and rules are not guarantees of perfect behavior, but covenants and goals!
- Just because I maintain my values or choose right action does not mean others must as well!
- Telling myself "this is terrible" is making it worse!
- Why must things be my way? Prove that!
- Who gave me a "right to be angry," besides me?
- Is my belief logical and consistent with reality?
- Where is the evidence to support my assumptions?

E = Effective New Beliefs



- This is outside of my control, I can only control myself and influence external events or others!
- This is happening for a reason. I will choose or find a meaning I can live with! Stay rational and 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?
- Am I using healthy preferences, or **personal demands** ?
- Am I focusing on my goals, and what is most important?
- I can and will remain resilient and **thrive** through this!

Resilient Role Model

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



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



With Fiancée
Before **Combat**
Casualty

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

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
Panic

vs.

Relief,
Appreciative,
Acceptance

Where Resiliency, Thriving and Post Traumatic Growth Reside: **Suicide** is not an Option

- Warriors who are seriously **depressed** are **at risk** for **suicide**.
- Many struggle with **irrational thinking that** aggravates and amplifies their **external stressors**. Do not try to treat your partner or spouse!
- **Depressive, irrational thinking** is like a **virus** which must be detected, challenged and replaced with more resilient and **rational** beliefs.
- These **irrational beliefs** affect a **Warrior's** view of themselves, their environment and the future producing "**shattered assumptions,**" **hopelessness, helplessness, depression** and even suicide.
- **Providers** are very well-trained to assist you manage your emotions.
- Some **Soldiers** require **medication** for **stabilization** and **treatment**.
- Soldiers rejecting treatment falsely believe they **can not** be helped!
- If you or another Soldier is **at risk**, consult a **Licensed Health Care Provider, Chaplain, and/or TMC Emergency Room** immediately and inform your **Command**. Never, ever leave a **suicidal Soldier** alone!

Resilience Insight # 7

**Resilient Warriors Model Values, Reason
and Emotional Balance, Both On Duty
and With Their Families**

***Building Resilient Families and Teams that Can
Thrive Through Combat Deployments,
Hardship and Adversity***

Marry a **Warrior** and You Become A **Warrior Family**



- Living the **7 Army Values** will assist **Soldiers** balance both **Army** and Family Life. These **Values** and the **Warrior Ethos** should be understood and acknowledged together.
- **Army Families** are an elite “**Warrior culture**”, which requires great **commitment, character and sacrifice**. We are never in the **Army** alone, our family shares our journey.
- **Warriors families** that learn to **remain resilient** and **thrive** through their deployments together will have the best chance of preserving and growing in their relationships.
- If you are single or in a **committed relationship**, please ensure your future spouse can and will support your **Army Values** and develop his or her own **character strengths and virtues** which will allow you both to “**return with honor!**”

Emotional Resilience



Balanced, adaptive emotions allow us to:

- Connect us with others (grief, sorrow, compassion)
- Reveal to us through our **reactions** and later trained responses what we consider important or “right action”
- Inspire us (empathy, love, joy, patriotism)
- Protect and guide us, by signaling or detecting **danger**, often before our **rational minds** can respond (intuition, flight/fight, “sixth sense”). Not **irrationality or emotional reasoning**
- Enable us to have compassion and empathy for our **Fellow Warriors, Families** and treat our **enemies** ethically.
- Resilient Teams and Families practice **Emotional flexibility** and **Rationality** both on duty and while at home

*Read Daniel Goleman’s [Emotional Intelligence](#)

Resilient Families and Teams



- **Survive** and **thrive** through combat deployments, separation and other **adversities**
- **Value** each team member's thoughts and emotions, but do not take responsibility for others emotions or actions
- **Distribute** work fairly and **lead by personal example**
- **Tell the truth** as they see it, even when painful or awkward (“Emperor’s Clothing” fable)
- **Develop and share** a family or unit vision which supports both the **Army Values** and **personal values** and **virtues**
- **Model** both **Rationality** and **Emotional Intelligence**
- **Preserve** **Family/team cohesion** and **pride**
- **Connect, Clarify and Commit** to what is really important while communicating and **problem solving**

Army Values as Relationship Values



- 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
- If you are single or in a **committed relationship**, ask if your future spouse can and will maintain these or similar **Character Strengths and Virtues** in the future, especially during **combat deployments**, which reveal character

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



- 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](#)

"Returning with Honor"

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

The Serenity Prayer

**“God, grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And the wisdom to know the difference”**

-Reinhold Neibuhr

WRT Checklist



Resiliency, Thriving and Rationality Must Be Practiced Daily!

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 and living my **virtue**, **reason** and **highest purpose** for myself, team and 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 others**?

On behalf of Fort Sill Social Work Service & Outreach Program, it was an Honor to Train With You
Stay Resilient, Thrive and Return with Honor!



WRT Medic Practicing
REBT Coaching 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@amedd.army.mil 580-442-8750

WRT Recommended Websites

- www.authentichappiness.sas.upenn.edu Dr. Martin Seligman's Positive Psychology site (*Learned Optimism; Authentic Happiness*)
- 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)
- <http://www.army.mil/warriorethos/>
- <http://nancysherman.net> Author of *Stoic Warriors: The Ancient Philosophy Behind the Military Mind*. (Highly recommended)
- 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 Dr. Al Siebert's Resilience site. Author of *The Resilience Advantage*
- www.thrivenet.com Dr. Al Siebert's site: Author of *The Survivor Personality* (highly recommended)
- <http://www.btinternet.com/~k.h.s/stoic-foundation.htm> *Stoic Foundation Website*
- **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, Behavioral Health/Combat Stress or your TMC immediately! Never leave a Warrior at risk!

WRT Recommended References

- Julia Annas: *The Morality of Happiness*
- David Burns: *Feeling Good: The New Mood Therapy* & *The Feeling Good Handbook*
- Calhoun & Tedeschi: *The Post Traumatic Growth Handbook*
- Ronda Cornum: *She Went to War, the Rhonda Cornum Story* **
- Loren Christensen: *Warriors: On Living With Courage, Discipline and Honor*
- 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* **
- LTC (R) Dave Grossman: *On Combat ; On Killing* (www.warriorsciencegroup.com)**
- Pierre Hadot: *The Inner Citadel; Philosophy as a Way of Life* **
- Mike Jay: *Coach 2 the Bottom Line ; CPR for the Soul: Creating Personal Resilience by Design* ** (www.b-coach.com)
- Thomas Jarrett: *Warrior Resilience Training in Operation Iraqi Freedom: Combining Rational Emotive Behavior Therapy, Resiliency, and Positive Psychology* (*The Army Medical Department Journal*, Jul- Aug 2008) **
- A. A. Long: *A Stoic and Socratic Guide to Life* **
- Paul Pearsall: *The Beethoven Factor: The new Positive Psychology of Hardiness, Happiness, Healing and Hope* **

** *Highly Recommended*

WRT Recommended References Military Manuals

- Keith Seddon: *Stoic Serenity: A Practical Course on Finding Inner Serenity*
- Al Siebert: *The Resiliency Advantage: Master Change, Thrive Under Pressure, and Bounce Back from Setbacks* ; *The Survivor Personality: Why Some People are Smarter, Stronger and More Skillful at Handling Life's Difficulties...and How You Can Be Too*
- 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* **
- Marty Seligman & Chris Peterson: *Character Strengths and Virtues*
- Jonathan Shay: *Achilles in Vietnam*; *Odysseus in America*
- 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* ; *Tusculan Disputations* (on Duties) (www.stoics.com)
- Seneca *Moral Essays*; *Moral Epistles* (www.stoics.com)
- Epictetus *Enchiridion* ; *Discourses* Loeb Classical series

Military : FM 6-22 Army Leadership; Ranger Creed; NCO Creed; 7 Army Values; Code of Conduct; Modern Army Combatives Program (MACP); U.S. Marine Corps: Core Values Training Manual & MCO 1500.54A Marine Corps Martial Arts Program (MCMAP)