

FM-PTS-12

SESSION 12

POST TRAUMATIC STRENGTH — YOU MADE IT

12 Weeks to a Stronger You | Post Traumatic Strength

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SESSIONS 1–2: FOUNDATIONS

The program began by building a common language and framework for understanding trauma and its effects. In Session 1, we distinguished between trauma, anxiety, depression, PTS, and PTSD — terms that are often used interchangeably but that describe different experiences with different implications for treatment and recovery.

We introduced emotions as conscious mental reactions, and feelings as the conscious interpretation of those reactions. We explored the 5 Dimensions of Health — physical, emotional, social, spiritual, and intellectual — as a framework for holistic wellness.

In Session 2, we introduced Emotional Intelligence (EQ) and its four core components: Self-Awareness (what I see), Self-Management (what I do), Social Awareness, and Relationship Management. EQ, combined with IQ and personality, determines how we think and act. We also introduced adaptive vs. maladaptive coping strategies.

SESSIONS 3–4: COPING AND EMOTIONAL INTELLIGENCE

Session 3 examined the difference between combat stress and PTSD, and introduced coping strategies for trauma's most debilitating effects. The 5 Dimensions of Health were explored in greater depth, providing a framework for thinking about wellness as an integrated whole.

Session 4 dove deeper into the two types of emotional intelligence and their four components. We explored adaptive coping in detail — humor, prayer, meditation, breathing exercises, physical exercise, calming music — and contrasted it with maladaptive coping like alcohol and isolation. We also addressed relationship management and the critical importance of social support in recovery.

SESSIONS 5–6: TRIGGERS, EMOTIONS, AND INTEROCEPTION

Session 5 focused on coping strategies for special occasions and traumatic anniversaries — the planned approach to days you know will be difficult. We introduced the concept of battle planning: acknowledging your feelings in advance, leaning on your support system, and having adaptive coping strategies ready before the hard day arrives.

We also watched Adrian's video — a real-life example of the journey from Post Traumatic Stress to Post Traumatic Strength.

Session 6 went deeper into the biology of emotion, introducing interoception (the brain's ability to sense the body's internal state) and body mapping. We identified the 7 primary negative emotions — shame, anxiety, sadness, guilt, embarrassment, frustration, and anger — and introduced the concept of the Signature Emotion: the negative emotion that shows up most often and most powerfully for you individually.

SESSIONS 7–8: TMZ AND MORAL INJURY

Session 7 gave you one of the most practical tools in the program: Trap It, Map It, Zap It. This three-step process for managing negative emotions in real time draws on everything learned in the previous weeks — body awareness, self-knowledge, and adaptive coping — and packages it into a simple, memorable framework.

Session 8 introduced moral injury: the intense psychological reaction that occurs when you do something — or fail to do something — that violates your moral code. We identified its three causes (action, inaction, betrayal) and discussed why it is often a hidden barrier to recovery. Processing moral injury requires honesty, community, and a willingness to work toward self-forgiveness.

SESSIONS 9–10: CORE BELIEFS AND YOUR MORAL CODE

Sessions 9 and 10 may represent the deepest and most transformative work in the entire program. Core beliefs — the iceberg beliefs that sit below the surface of conscious awareness — are the root cause of many of our most persistent emotional patterns and behavioral habits.

You learned to identify your core beliefs, organize them into a three-tier moral code (Core Beliefs, Convictions, Opinions), and begin the process of moving them from the unconscious limbic system to the conscious cortex. When your beliefs are conscious and organized, they can guide your behavior rather than drive it automatically.

SESSION 11: HOW WE LIVE

Session 11 connected your inner belief work to your outer behavioral patterns. The three behavioral styles — passive, aggressive, and assertive — each express a different relationship to self and others. Passive behavior suffers in silence. Aggressive behavior harms others. Assertive behavior honors both self and others, and it is the behavioral expression of your core values.

Assertiveness is a skill, and it grows with practice. Every time you choose to speak clearly, hold a boundary with respect, or advocate for yourself without aggression, you are living your Moral Code.

"We hope you have already made some steps toward getting control of your emotions and feelings. Keep working with the tools and concepts we have given you. Post Traumatic Strength can be achieved with consistency, community, and courage."