

REBOOTRESIST

MORAL INJURY RESISTANCE TRAINING



A BRIEF OVERVIEW OF REBOOT RESIST

Founded in 2011 by Occupational Therapist, Dr. Jenny Owens, REBOOT Combat Recovery began serving military families at Fort Campbell, KY. Built on the belief that the spirit of a person is worth fighting for, the success rates of the 12-week, faith-based combat trauma healing course quickly began to spread within the military community.

Today, REBOOT combat trauma healing courses exist in over 85 locations covering 25 states. With over 2000 graduates, not one has completed suicide. Courses are held on military installations, in clinics, churches and partnering non-profit facilities.



As the war shifts, there has been a growing demand for programs that help prevent spiritual and moral injury. REBOOT Resist is a new, 4-part program. Each brief includes:

- Teaching Curriculum (approx 20 minutes)
- Powerpoint files corresponding to curriculum
- Breakout session activities

Topics include:

- The Myth Of Self-Reliance
- Avoiding The Guilt Trap
- Shaping An Identity Beyond The Uniform
- Resisting Anger and Depression

We have included session 1 of our program for your use. If you would like additional information regarding either of our programs, please email us at info@rebootrecovery.com.

Thank you!

The REBOOT Team

www.rebootrecovery.com

TRAINING BRIEF ONE

THE MYTH OF SELF-RELIANCE

There is a special group of people who put others' lives before their own. They are fearless go-getters who protect others. They are brave, strong, decisive, and often aggressive. But near this high ground of heroism lies a pit of quicksand known as **self-reliance**.

On January 9, 2001, just months before 9/11, the Army made its most most sweeping revision of its marketing practices in two decades. Scrapping its memorable advertising slogan, "Be All You Can Be," the Army replaced it with a new slogan with the intent that it would "appeal to the individualism and independence of today's youth."

Then Army rolled out a new slogan that challenged its recruits to be "An Army of One."

The message resonated. Recruiting numbers increased practically overnight. The campaign worked, in part, because it captured a rising characteristic of our current culture – self-reliance.

Something about the idea of self-reliance is appealing, isn't it? Perhaps we picture ourselves like Bear Grylls, surviving against the elements. Or maybe we want to fulfill our childhood dream of being an invincible superhero. We pay to see action movies where one man takes out a hundred bad guys all by himself. I mean, who doesn't want to be Rambo? Our nation prides itself on birthing "self-made men" who build empires and leave legacies.

In times gone by, we once valued our neighbors. When we had a problem, we simply walked next door and asked for help. Today, we sound an alarm and panic when anyone knocks on our door. People are more connected than ever through social media, but nobody is actually in touch with one another. As someone once said, "we used to love people and use things, but now we love things and use people."

After all, past experiences tell us that when the rubber meets the road, you can't count on anyone but yourself. "Other people just let us down," we tell ourselves. Self-reliance offers a "do-it-yourself" path to fulfillment which strokes our self-indulgent ego.

As Jeff Dickson said, we've learned how to make a living – but not a life. We've added years to life – but not life to years. We've been all the way to the moon and back but have trouble crossing the street to meet a new neighbor. We've conquered outer space but not inner space.

And then there's the endless chase for approval of our peers that complicates matters. We worry that if we show any weakness we might miss out – on the next promotion, the next assignment, or an invitation to the next school. We sit in circles and laugh at the failure of others while wondering what task we might end up failing. We have boyish confidence but the wisdom of a grown man who knows better.

Self-reliance has made promises to us that we can pull ourselves up by our bootstraps and overcome any obstacle that comes our way.

But here's the truth. A self-reliant man is a broken man.

Self-reliance is an unsustainable lifestyle and one that will certainly end in hardship. The self-reliant person is one destined for a season of humility as they recognize their own frailty and their ultimate dependence on God and those around them.

And there's the problem. Few would volunteer to go through experiences that humble us or makes us feel frail. Our brains are trained to avoid activities that might expose our weakness. So until hardship occurs, self-reliance works pretty well. When tough times come our way, we just suck it up and drive ahead.

You don't want to be the one in the group who is forced to take a knee. You don't want to be the only one who can't manage to have a healthy career and happy home.

When something terrible happens, you want to be the one others lean on – not the one who leans on others.

But what happens when you can't suck it up any more? What happens when you can't simply drive on? That's when all of the promises self-reliance made are broken.

Perhaps you've lived a self-reliant life so long that you have forgotten how to build true, authentic friendships. Or maybe you've been let down by people so many times, it seems pointless to even try again. So you turn to your spouse, your family, your friends – but they just don't get it. The problems they face seem a million miles away from your situation. They try to offer support, but it ends up sounding more like a Hallmark greeting card than a sincere offer to help.

Maybe you look around, and from what you can tell, you are the only one struggling to hang on. So instead of opening up, you shut down and begin to push others away as your struggle leads down a path of anger, regret, self-abuse, and bitterness. Now more than ever, you need someone in your life to help you, but you don't know where to turn.

And maybe the situation you are facing at this moment doesn't seem this dire. But in which direction is your life's path heading?

It doesn't have to be this way. Relying on others and building authentic relationships doesn't have to be difficult and doesn't have to make you feel weak. Today, we'll show you how to get started.

We don't offer a self-help course. In fact, it's the opposite. Our course is designed to enable you to help and receive help from others who are going through the very same battles.

Since 2011, our courses have helped over 2,000 service members and their families find healing. Many of these veterans experienced trauma during a deployment and came home unable to find their footing. They walked the path of self-reliance and are living proof of its destructive destination. Some of them lost their families, their careers, and their self-worth trying to stay on their high horse of self-reliance. But they learned that it's never too late, never too hopeless to make a turnaround and claim victory in the fight against combat trauma.

So many of our course participants tell us they wished they could go back in time and talk to the younger versions of themselves to prepare them for what's ahead. They would tell themselves to

build a close network of friends and to be honest with them. **They'd say that reaching out for help isn't a sign of weakness but of wisdom.**

And they'd tell you to start preparing for hardship long before it comes knocking on your door.

Author Roy H. Williams states it like this: "A smart man makes a mistake, learns from it, and never makes that mistake again. But a wise man finds a smart man and learns from him how to avoid the mistake altogether."

Here are the steps we ask you to consider:

1. Make a decision to break your pattern of self-reliance.

You must decide and agree that self-reliant living is a dead end. The more stubborn you are, the harder this might be! Making a choice to no longer be self-reliant may feel like you are letting go of something you hold dear. Do you know what that thing you're letting go of is called? Pride. It is a deadly poison that corrupts our way of thinking. It lies to us and tells us that we are smarter and stronger than everyone else. That's why the first step toward progress is making a conscious choice to set aside your pride and break your pattern of self-reliance.

2. Join a Warriors Keeper Group.

Today, you have the opportunity to join a Warriors Keeper Group. These groups are organized by you, led by you, and maintained by you. We provide some basic structure and then turn it over to you to manage. There isn't any chain of command transference or judgement. This is simply where we take this conversation from being an inspirational self-help guide to being a practical solution for the future. Tough times will come. But you can't wait until the going gets tough to start preparing. Imagine if you waited until you were in a live firefight downrange to start learning how to use your weapon. How long do you think you would last? The same is true of our discussion today. The time is now to join a Warriors Keeper Group, because it is the best preventative treatment to follow through with your decision to break your pattern of self-reliance.

3. Invest in your future by attending a REBOOT Moral Injury Resistance Training or REBOOT Combat Trauma Healing course.

If you haven't yet experienced trauma, request a REBOOT Trauma Resistance Training. Based on the experiences of over 2,000 service members just like you, this four-part course will equip you with the tools needed to minimize the impact of trauma when it strikes. Think of it like pre-deployment training for your heart and soul. Please email us at info@rebootrecovery.com to discuss how REBOOT Resist might benefit your community.

If you are struggling with combat trauma, register or start a REBOOT Combat Trauma Healing Course near you. Courses meet once a week for 12 weeks and are hosted by local leaders in communities across the nation. The courses are free for the entire family to participate, and meals and childcare are included. Please visit www.rebootrecovery.com/start for more information.

Self-reliance is killing our service members. Did you know that of the 20+ veterans who complete suicide each day, over 40% of them never even reached out for help?

By simply saying you are ready to get started, you are making a declaration that will transform your entire group. We challenge you to be the one to say, "Here in our unit, at our installation, we aren't going to get caught in the trap of isolation and self-reliance. We are going to be proactive and get out ahead of this issue."

When you make that choice, you are choosing a happier family life, a close network of friends who have your back no matter what, and a better future for yourself.

“There is no greater love than to lay down one’s life for one’s friends.” You have the opportunity to put John 15:13 into action today. We are here to help.