International Marriage & Family Summit
Abuse, Trauma, and Pathology in Families
July 19, 2014

Bouncing Back:
Building Resiliency in the Face of Life’s Challenges
Track 305

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SLIDES AVAILABLE NOW AT:
www.ResilienceTrilogy.com
“Hope deferred maketh the heart sick, but when the desire cometh, it is a TREE OF LIFE.” Proverbs 13:12
The Army Mule
Our Game Plan

• Resilience 101

• Applied to Marriage & Family
  – Resilience in Marriage
  – Resilience in Family

• Discussion

• Declare Victory!
WE are all “Warriors”

WHAT DO WARRIORS DO?

➢ Warriors Fight...
➢ Warriors Get Wounded... SUFFERING!
➢ Warriors Bounce Back... RESILIENCE!
➢ Warriors Fight Again!
“IN THE WORLD YOU **WILL** HAVE **TRIBULATION**....

Resulting From:
- SELF
- OTHERS
- SPIRITUAL FORCES
- INEXPLICABLE TRAGEDY

Greek “thlipsis” squeezing
Latin “tribulum” threshing

This Tribulation results in Trauma, Pain, Suffering, and Opportunity.

**BUT BE OF GOOD CHEER,**
**I HAVE OVERCOME** THE WORLD.”

**JESUS** -- John 16:33(NKJV)
What does a “STORM” look like?

“At intervals between a bomb falling it sounded like church: voices from nearby slit trenches all chanting the Lord’s prayer together—over and over again. Louder when the bombs hit closer.”

Veteran Army Air Forces Bombardier and Olympic Runner Louie Zamperini as recorded in Unbroken by Laura Hillenbrand, page 117
Common Misconceptions About PAIN

- **PAIN IS PUNISHMENT** (versus John 9:1-5)
- **PAIN IS UNPRODUCTIVE** (versus James 1:2-4, et al)
- **PAIN INDICATES SPIRITUAL FAILURE** (Paul?, Job?, Peter?)
- **PAIN IS NOT GOOD** (versus Romans 8:28,35,37)
- **PAIN IS NOT COMPATIBLE WITH A GOOD AND ALL-POWERFUL GOD**

“Our investigation of resilience will illustrate how God’s goodness, omnipresence, and omnipotence provide courage and confidence as we struggle with pain in our lives.” *Resilient Warriors*, page 52

From PAIN to SERVICE
God’s Economy of Suffering

PAIN

PRESENCE OF GOD

- In Your Presence is Fullness of JOY
- The JOY of the LORD is my STRENGTH
- I can do all things through HIM who STRENGTHENS me
- Not to be served, but to SERVE...
"We are often troubled, but not crushed; sometimes in doubt, but never in despair; there are many enemies, but we are never without a friend; And though badly hurt at times, we are not destroyed."

2 Corinthians 4:8, 9
Agenda

EVENT

- Trauma
- Adversity

Primary Source for Diagram: Army G3, Comprehensive Soldier Fitness (CSF).
RESILIENCE LIFE CYCLE©

Before

During

After

LEARN & ADAPT

Weathering the Storm

Building Resilience

Bouncing Back

Building Resilience

Know Your CALLING

Know Your ENEMY

Know Your FRIENDS

Know Your EQUIPMENT

Deploy with the Right MINDSET

Develop/Rehearse “ACTIONS ON CONTACT”

The Ounce of Prevention

“The best time to repair the roof is when the sun is shining”

President John Fitzgerald Kennedy
JESUS:

“YOU SHALL LOVE YOUR GOD WITH

» ALL YOUR HEART AND WITH
» ALL YOUR SOUL AND WITH
» ALL YOUR MIND AND WITH
» ALL YOUR STRENGTH AND

YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.” (Mark 12: 30, NASB)
Comprehensive Personal Fitness™
leading to RESILIENCE

• PHYSICAL ("Body is Temple of Holy Spirit")
  – Diet, Exercise, Hygiene, Sleep

• MENTAL ("Taking Every Thought Captive")
  – Thought Patterns, Intellectual Curiosity, Acuity

• SPIRITUAL ("To be spiritually minded is life & peace")
  – Connection with God, faith practices

• EMOTIONAL ("Slow to Get Angry")
  – Regulation, Temperament

• RELATIONAL ("Let us LOVE one another")
  – Connectivity, Mutual Support
**Deploy with Right Mindset**

“For the mind set on the flesh is death, but the mind set on the Spirit is life and peace.”

Romans 8:6

• “Mindset” is inextricably linked with “Heartset”

• King Jehosophat’s “deployment” (putting Levites out front in battle formation) reflected both his mindset and his heartset. 2 Chronicles 20

“For Ezra had set his heart to study the law of the Lord and to practice it, and to teach His statutes and ordinances Israel.”

Ezra 7:10
“ACTIONS ON CONTACT”

“Stop, Drop and Roll”

Reflective Action
(Pavlovian Response)

Infantry Term

Immediate Action Drills

“What if...”

British Army EG

Deploy
Evaluate/Develop Situation
Choose Course of Action
Recommend/Execute

Call 911
(Ask for help)
Start the IV
(Nurture yourself)
Keep Breathing
(Maintain routines)
Your Well of Courage
(Past strengths)
Remember Your Calling

SOURCE: Chapter 6, Resilient Warriors, 2011, Dees
“Sharon knew that Faith, Family, and Friends would be the key to living through this nightmarish reality.”

Resilient Warriors, page 129, referring to Gold Star Parents Sharon and Deacon Collins
Weathering the Storm

The Bible frequently refers to the “Day of Trouble.”

“Call upon me in the day of trouble; I shall rescue you, and you will honor Me.” (Ps 50:15)

“God is our refuge and strength, a very present help in time of trouble. Therefore, we will not fear... “ (Ps 46:1,2)

In the storm, we are to call, to cry out, to God.

“On the day I called, You answered me. You made me bold with strength in my soul.” (Ps 138:3)

“Then they cried out to the Lord in their trouble; He delivered them out of their distresses.“ (Ps 107:6,13, 19,28,29-32)
Bouncing Back

Without Getting Stuck in the Toxic Emotions of Guilt, False Guilt, Anger, Bitterness

“Badly Hurt, but not Destroyed”
Guard Your Primary Relationships

• First With GOD
  – Don’t lose your first love
  – Press into God

• Then With Others
  – Avoid attacking inward
  – Set example for others
Choose Forgiveness & Gratitude

• “Don’t Take the Bait”
  – Flee a “Spirit of Offense”

• Choose to Forgive
  – Loosen Your Grip

• Choose to Be Grateful
  – Raise Your Hands

REFERENCE: Choosing Forgiveness, Choosing Gratitude by Nancy Leigh DeMoss
Grieve Well

• “Stuffing Grief” only prolongs and deepens the impact of trauma on you and others.

• Grief is like waves of the ocean that roll to our emotional shore... and then recede... time and again until the waves become smaller and less frequent.

• We never forget, but we do learn to process it through the lens of God’s Word.
Comfort Others

• “Walking with a Limp”
• Stewardship of Pain
• Healthy Dependence

“...God of all comfort, who comforts us in all our affliction, so that we will be able to comfort those who are in any affliction.” (2 Corinthians 1:3,4)
Growth through Adversity

Use this tool to analyze and learn from your life experiences, building resilience for the future.

1. My “Body Slam:” _______________________________________
2. My Reactions: __________________________________________
3. My Thoughts: ___________________________________________
4. My Feelings: _____________________________________________

BEFORE                      DURING                     AFTER                   LEARN & ADAPT
1. Was I Prepared for this life experience? __________
2. How could I “Get Ready” for this?
   A. __________
   B. __________
   C. __________
3. Did I have “Actions on Contact” prepared in advance? ______
   1. How did I “Weather the Storm?”
      A. __________
      B. __________
      C. __________
   2. What/Who were my “life preservers?”
      A. __________
      B. __________
      C. __________
1. Did it get worse?
   2. Did I grieve the loss?
      (D,A,B,D, Acceptance)
   3. Did I get stuck?
      A. Guilt?
      B. Anger?
      C. Bitterness?
4. Am I still stuck?
   2. Did I GROW? How?
      A. __________
      B. __________
      C. __________
3. Did I ADAPT in order to “Be Ready” for future life traumas?
   ____________________________

REFERENCE: Resilient Warriors Advanced Study Guide, pages 13,14, 36-39
RFD LLC 2014
Know Your Calling
Know Your Enemy
Know Your Friends
Know Your Equipment
Deploy with the Right Mindset
“Actions on Contact”

Call 911
Start the IV
Keep Breathing
Your Well of Courage
Remember Your Calling

Guard Primary Relationships
Choose Forgiveness & Gratitude
Grieve Well
Sing a New Song
Revalidate Your Calling
Comfort Others

SOURCE: Page 200, Resilient Warriors, 2011, Dees
www.ResilienceTrilogy.com
RFD LLC 2014
Resilience in Family

Raising Resilient Kids and Grandkids

• **Age relevant object lessons ("experiments")**
  – Humpty Dumpty (Smashing Eggs)
  – Easter Egg Hunt (Tennis Balls)
  – Bitter Lemons (From Bitterness to Forgiveness)
  – Bridge Building (Wisdom bridging from Character to Competence)
  – Others???

• **Resilient Life Experiences**
  – Everyone does not get a trophy
  – Learning to lose
  – Learning to win
  – Processing pain and disappointment
  – Others???
TRAUMA is a Reality... RESILIENCE is a Necessity

Invest now in yourself and others...

- Before, During, After

Not merely about human strength or grit

“Not by power or by might, but by My Spirit”

The Secret Sauce!

- JESUS was the ultimate Resilient Warrior & Leader
- And HE grants that same Resilience to His Followers
THE RESILIENCE TRILOGY

SUPPLEMENTARY CONTENT
- Ten Week Series (Warriors)
- Resilience Presentations
- More to Come...