



How to Always Find Your Best Path

FIELD MANUAL

CH (MAJ) Ret. Paul Lynn

Welcome to *Resilience Unlimited*

Resilience Unlimited is a meaning-centered framework designed to help individuals and leaders always find their best path toward an ideal future-self or in crisis without losing their sense of self. Rather than treating resilience as mere grit or endurance, RU understands resilience as the capacity to *remain anchored in the Seven Meaning Markers*, especially when circumstances threaten to unravel them. At its core, this Field Manual exists to help you recognize when resilience is breaking down, intervene wisely in moments of crisis, and guide yourself or others back toward wholeness, stability, and hope.

This Field Manual is intentionally practical. It integrates Department of War Readiness and Resilience Policy, science-based insight, practical models, timeless wisdom, and usable tools that work in real-world conditions.

The end-state goal is to walk away with your own personal Pathfinder Resilience Tool—Meaning Map. As well, you will receive training on the C-10 Meaning-Centered Crisis Response Protocol, along with practical instruction for care, connection, safety, and long-term restoration. These tools are designed to be used under pressure—whether you are supporting yourself, walking alongside someone in crisis, or leading others through moments of disruption, loss, or moral injury.

Resilience Unlimited is ultimately about *returning to meaning with spirituality at its core*. True resilience is not simply surviving hardship, but emerging with identity intact, relationships strengthened, and a renewed sense of purpose. As you work through this Field Manual, you are invited to engage not just techniques, but a deeper orientation toward life—one grounded in purpose, belonging, values-driven routines, and spiritual intelligence.

This is not a one-time intervention, but a pathway toward sustainable resilience, capable leadership, and a life that remains meaningful even in the face of adversity.

A True Story of Unlimited Resilience From the Big 5 + 1

The Chapel Riot of Cell 7: The Most Consequential Chapel Service in Military History

Imagine a concrete cell in the middle of the bustling Vietnamese city of Hanoi. Population: about one million. Date: February 7, 1971.

Inside that cell are thirty-something American prisoners of war. Tortured. Starved. Isolated for years. Some of them had already been tortured going on six years. Their bodies were broken, but their spirits were finding a way to be resilient.

This is Cell 7 of the Hanoi Hilton, where the most consequential chapel service in military history may have taken place.

And on that day, something extraordinary happened. The Communist North Vietnamese had just consolidated almost every American POW into one urban prison complex after the Son Tay Raid. They thought packing them together would make rescue impossible. What they didn't count on was that the conditions for unlimited resilience would come together in Cell 7.

In that one cell stood two future Medal of Honor recipients: James Stockdale and George "Bud" Day. John McCain was there, the future Senator from Arizona. So were Robbie Risner and Jerry Denton—two of the toughest senior officers in the camp.

I call them the Big 5 of unlimited resilience.

And if you add Special Forces officer James “Nick” Rowe—who escaped from a different camp and later helped build the modern SERE school at the Special Forces Qualification Course—you get the Big 5 + 1.

These men had already survived the unthinkable. But what they did next wasn’t about survival. It was about finding their best path forward because of spiritual resilience.

The week before, they had held a quiet little service while the guards were at lunch. A few of the men were agnostic, so they made it both patriotic and religious. George Coker was appointed chaplain. Howard Rutledge directed a six-man choir. Robbie Risner gave the benediction.

They all recited the Pledge of Allegiance. They prayed. They sang “America,” “The Old Rugged Cross,” and “In the Garden.” They recited the Twenty-third Psalm together. They finished with the Lord’s Prayer.

Something sacred and transformational happened inside those walls.

When the Vietnamese found out, they banned it. Completely.

Jim Stockdale later said, “They had thrown down the gauntlet; we would pick it up.” Robbie Risner put it even more plainly: “This was the confrontation that busted everything wide open.”

The camp official the prisoners called “The Bug” ordered them to stop immediately. The Americans answered: We will hold church next Sunday. And every Sunday after that. Sunday came.

The whole American POW camp joined in. The Vietnamese were so shaken they called out the riot squad.

Robbie Risner later said that on that day, “I felt nine feet tall and I could go bear hunting with a switch.” Today, a nine-foot statue of him stands at the Air Force Academy—exactly that tall—with those words because of what happened in Cell 7. This wasn’t just a riot. It wasn’t just a chapel service.

It was spiritual resilience.

They started the service. Guards rushed in. The Bug himself ordered them to cease.

The Americans kept going.

Risner, Rutledge, and Coker were dragged out at bayonet point and thrown into the punishment cells known as Heartbreak Hotel. Men were forced out at gunpoint.

The Bug screamed, “Now you will see my hands not tied!” And then Bud Day did something that changed everything. He began to sing the Star-Spangled Banner.

One voice. Then two. Then the entire cell.

Day later wrote: “A hundred guns couldn’t stop us. It was the first time in many years that I heard the national anthem, and my heart swelled and tears rolled down my cheeks.”

For the next two hours they sang. God Bless America. America the Beautiful. Hymns. Even “California Here I Come” and “The Eyes of Texas.”

Years of pain, humiliation, and isolation poured out of those men on the wings of song. Self-respect and a positive self-identity returned.

Risner said the singing “lifted up everybody in the whole stinking camp.” Word spread like wildfire through the tap code: They tried to kill our church service.

And the entire prison caught fire with courage.

That night, as dusk fell, Bud Day started another song—an old Naval Academy tradition with a new twist:

“This is building number seven, number seven, number seven... This is building number seven... Where the hell is six?”

Risner later reflected on what life had been like up to that moment: “Up to then we had never been permitted to have any part in any decision making. We were controlled like animals—when we went to bed, when we got up, when we ate, when we finished, when we went to empty our buckets, when we bathed—everything was controlled by the Vietnamese.”

But on that day, they refused to be controlled any longer. They would not be stripped of the right to stand together, to remember who they were, and to worship. They chose to go to the wall for something their Communist captors could not understand: their faith, which was the anchor of their identity.

At the end of that day, Risner said about the Chapel Riot, “When everything was quiet again, the atmosphere was charged with tension. The Vietnamese could feel it, and so could the men.”

The American leaders were then interrogated. Risner said, “Every time a man was called out to an interrogation quiz, he informed them how unjust, unfair, and cruel it was to disturb our church services. He would tell them how much God meant to us and that they had lied to us about their having freedom of worship.”

After Bud Day was interrogated by the Communist leadership, he came back and reported to his POW colleagues, “You’d think that after holding and dealing with Americans for almost seven years, they would understand us... They are really frightened and have misinterpreted the songfest and our resistance actions.”

This led senior ranking officer Jeremiah Denton to call for a hunger strike. The Americans began to chant, “No church, no eat! No church, no eat!” The strike lasted two days, until Denton felt the point was made.

John McCain reported that at week’s end, the Communists announced that it had always been the policy of the camp authorities to permit religious expression. They then required all church services to have a pre-written plan with scriptures and songs. Risner said they weren’t going to do it that way. Though the Chapel Riot of Cell 7 was but a minor victory for the American POWs in captivity, it was the most consequential, because it reflected the source of their unlimited resilience: their faith.

The Plus One of the Big Five, James “Nick” Rowe, who escaped a Communist Vietnamese prison camp after five and a half years, later spoke with an Army chaplain about what is essential to be resilient. He said it was relying on his identity—rooted in his faith—that got him through.

“I depended on identification, and you have to maintain your identity, all the way through the experience, because everyone tries to blur that sense of identity. They, the enemy, can more easily attack your values and your beliefs, your faiths, your loyalties, if they can blur that sense of identity.”

What he based his identity on, more than anything else, was his faith. “The one thing that was essential, that was the foundation for everything else that went on. Because that gave me an alternative.”

His friend and fellow American POW, Rocky Versace, was killed in their prison camp after saying this: “As long as I’m true to my God and myself, whatever is waiting for me is better than anything you could offer me.”

Following this, Rowe said, “If I am true to my beliefs in this world and the next, I have a chance to walk both roads. Faith became a simple and very personal communication between you and your God.”

“In a prison camp, because you didn’t know what you were really supposed to do, or how to do it, you said, ‘Dear God, show me what you want me to do and please give me the strength to do it.’ That went right in line with what the Code of Conduct said, in terms of providing the difference between right and wrong. There was no conflict between the two.”

That is the deeper truth of Cell 7 and the analysis of the SERE School expert, Nick Rowe.

The Chapel Riot’s primary purpose was more than just resistance. It was about taking back their identity. It was about those American POWs who refused to let their captors redefine who they were. Americans who, under the worst possible pressure, chose to stand on the one strong thing that could not be taken from them: an identity anchored in their faith.

And that is why, more than fifty years later, it still stands as the most consequential chapel service in military history. Whether unlimited resilience is activated in a the miliary context like a POW camp—or on the homefront—the nature of resilience does not change. It is the same conditions.

In this training you will learn about the 7 Meaning Making Markers that were present in the Big 5 + 1. These markers are not relics of a prison cell in Hanoi. They are available to every one of us—right now—in tactical environments, at home, and in the everyday spaces we share with friends and family.

What are some of your initial reflections on this true story of spiritual resilience?

PRECOURSEWORK

- Take 2 Free Assessments.
 - Go to the Resources tab at <https://www.missionresilientmedia.com/resources>
- First, take the Resilience Unlimited Assessment. From the Assessment:
 - What are your strengths?
 - What are your growth areas?
- Second, take a free 9-Type Personality Indicator (Enneagram).
 - Record your results.
 - What is your 9-Type/Enneagram Profile?
 - What do you love?
 - What do you fear?

Resilience Unlimited Press

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Agenda

Resilience Unlimited Training

DAY ONE FOR RESILIENCE TRAINING: 8 Hours

- I. Day 1: Receive the Training
 - a. The Art and Science of Resilience Unlimited (3 Hours)
 - a. Break (1 Hour)
 - b. Application of the Pathfinder Resilience Tool-Meaning Map (3 Hours)
 - c. Discussion of Your Pathfinder Resilience Tool-Meaning Map (1 Hour)
- II. End State of Training is to Complete Your PRT-Map for Personal Use

DAY TWO FOR *CERTIFICATION*: 8 Hours

- I. Day 2: Group Training of the Resilience Unlimited Model
 - a. Group Teaching the Resilience Unlimited Model (3 Hours)
 - b. Break (1 Hour)
 - c. Small Group Facilitator Training of the Pathfinder Resilience Tool and Re-Assessment of Your PRT-Map (3 Hours)
 - d. Suicide Prevention Training (1 Hour)
 - e. After Action Review
- II. End State of the Training is Confidence to Train the Resilience Unlimited Model to Groups

Resilience Unlimited

How to Always Find your Best Path

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Introduction

Resilience Unlimited (RU) maintains you can always find your best path in life. This is the RU definition of resilience.

Resilience presupposes that you can find a best path to rebalance your life. Resilience Unlimited trains you to find your best path:

- 1) To your ideal future self
- 2) On your worst day
- 3) For your every day

End state: this is accomplished through your RU Pathfinder Resiliency Tool.

The RU Training Thread

The intent of the RU training is to create robust Meaning-in-Life, Positive Self-Identity (PSI), and a Horizon of Hope.

Provides answers to these problems:

- The most important question in life, “Who am I?”¹
- Languishing, which is the opposite of flourishing²
- Character Fragility, which means emotionally delicate and hesitant³
- A Crisis of Meaninglessness, which is a loss of trust and confidence, possibly leading to suicidality⁴

1. Henry Nouwen, Ph.D., *The Life of the Beloved*; Harvard, Yale, and Notre Dame (1932-1996); Dan McAdams, Northwestern University.
2. Corey Keyes, Professor at Emory University, <https://siteslprh.com/languishingbook>
3. Jonathan Haidt, Ph.D., Professor at New York University, <https://jonathanhaidt.com>
4. John Vervaeke, Ph.D., Professor at University of Toronto, <https://johnvervaeke.com>

Introduction



It's a Multipurpose Resilience Tool

1. It's a map of your life to bring unlimited individual resilience.
2. It can be used as a comprehensive Individual Development Plan (IDP) for self, or a leadership tool to coach or counsel others.
3. It can be used for retreats, conferences, or training events.
4. It can be trained to groups in whole or segments.
5. It's designed to be used for small groups to stay resilient.
6. It's adaptable for "hip pocket" discussions.
7. It provides suicide awareness and skills training for individuals and groups.

Introduction: We Need Meaning for Resilience

- Psychologist Victor Frankl, *Man's Search for Meaning*, "We need meaning in life like we need oxygen."
- Meaning is "what" and "who" binds our life together.
- Latin word for Religion, *Religio*: to bind together.
- Whatever is your ultimate love in life provides your greatest sense of meaning. Your ultimate love becomes heavily defended territory.
- We are what we love. It becomes part of our identity. Some examples:
 - Spouse/Intimate Partner
 - Children
 - Friends
 - Job
 - Workout
 - Hobby - Thing
 - Divine Other
- Where we find our most significant meaning is the central location of our spirituality. It's our *religio*.
- Therefore, meaninglessness can lead to suicidality. This is part of Victor Frankl's thesis. What or who is it that binds your life together and gives you the most meaning?

Introduction: Values-Driven Identity

- Generally, people either believe in a 1) Higher Power, Transcendent-God, or 2) utilize transcendental practices to cope with life, and 3) sometimes both.
- This can be a part of a person's "who" or "what" that binds their life together and provides identity.
- MRI confirms that we are wired from birth to have a "spiritual docking station" within the cerebral cortex through neural wiring. One-third is present, and two-thirds developed for potential greater resiliency.
- Science of Spirituality is undeniable: Dr. Lisa Miller, Columbia University, from her research in the *Awakened Brain*. "People who have a developed spiritual core are more resilient in life. They are 80% less likely to be addicted, 60% less likely to be depressed, and 82% less likely to commit suicide."
- How does the spiritual practices of *religio* give you identity?
- How could your identity that is values-driven become an important part of living an unlimited resilient life?

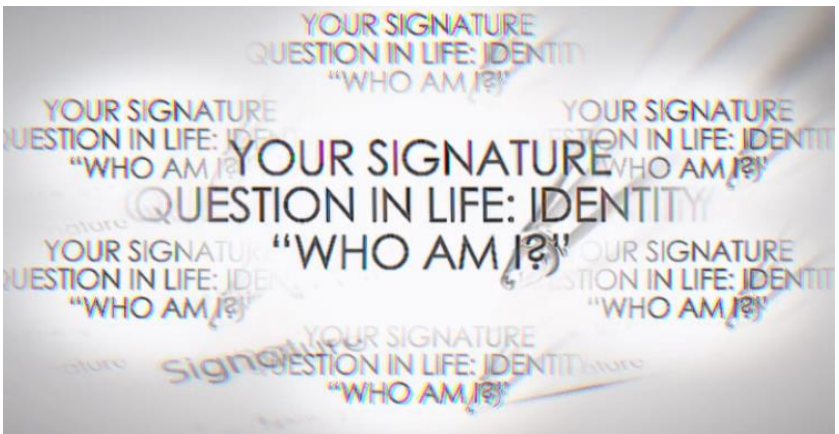
Introduction: Check on Learning



1. What is the distinctive definition of resilience?
2. What does Resilience Unlimited train you to do?
3. What is the End-State of the training?
4. As a Multipurpose Resilience Tool, what are some of the capabilities of the Pathfinder Resilience Tool?
 -
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5. Fill in the blank: “We need meaning in life like we need _____.”
6. Name examples where we get our identity.
7. Why is it important to understand the connection between the loss of meaning and identity and the need to be resilient?

Part I: The Art and Science of Resilience Unlimited

- Nested in Joint Service Doctrine
- Pluralistic
- Individually Tailored
- Science of Spirituality
- Neuroscience
- Psychology
- Philosophy
- Religion



Identity: Your Signature Question

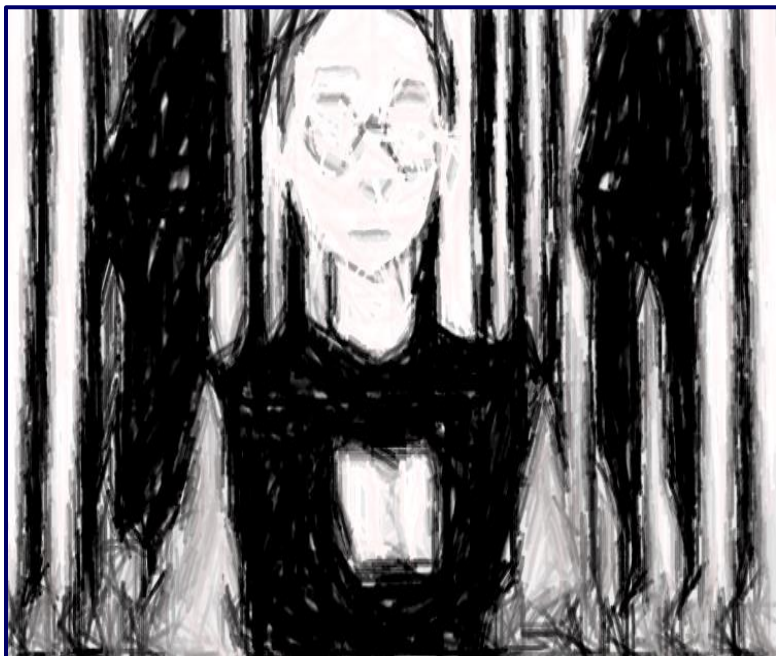
THOUGHT EXPERIMENT

“WHO AM I?”



Imagine you are selected to participate in a game show like *Survivor*. You have the opportunity to win millions of dollars and gain notoriety. You fly out to a remote island in the Pacific. When the plane takes off again, you realize you are all alone. No one else is there. You understand it's physically impossible to leave. However, there is enough food on the island to survive for the rest of your life.

My question to you now is, “Who are you?” How will you answer the question, “Who am I?” Pause for a second and let that question set in. How will you answer this question?



“Who Am I?”
by
Dietrich Bonhoeffer*

Who am I? They often tell me
I stepped from my cell's confinement
Calmly, cheerfully, firmly,
Like a squire from his country-house.
Who am I? They often tell me
I used to speak to my warders
Freely and friendly and clearly,
As though it were mine to command.
Who am I? They also tell me
I bore the days of misfortune
Equally, smilingly, proudly,
Like one accustomed to win.

* Dietrich Bonhoeffer was a protestant pastor and member of the Nazi resistant movement. He wrote this poem during his prison confinement. He was executed for his participation in the plot to assassinate Adolf Hitler.

“Who Am I?” (Continued)

Am I then really all that which other men tell of?
Or am I only what I myself know of myself?
Restless and longing and sick, like a bird in a cage,
Struggling for breath, as though hands were
compressing my throat,
Yearning for colours, for flowers, for the voices of
birds,
Thirsting for words of kindness, for
neighbourliness,
Tossing in expectation of great events,
Powerlessly trembling for friends at infinite
distance,
Weary and empty at praying, at thinking, at
making,
Faint, and ready to say farewell to it all?

Who am I? This or the other?
Am I one person today and tomorrow another?
Am I both at once? A hypocrite before others,
And before myself a contemptibly weebegone
weakling?
Or is something within me still like a beaten army,
Fleeing in disorder from victory already achieved?

Who am I?
They mock me, these lonely questions of mine.
Whoever I am, thou knowest, O God, I am Thine!¹

¹ Dietrich Bonhoeffer, *Letters and Papers from Prison*, ed. Eberhard Bethge, trans. Reginald H. Fuller (New York: Macmillan Co, 1953), 221–222.

D. Bonhoeffer, of the Nazi resistance movement was hung April 9, 1945 eleven days before the American liberation.

The Turk Brigade in the Korean War

Another example of Values-Driven Resiliency comes from the Korean War. The Turk Brigade soldiers who were taken as prisoners had a ninety-nine percent survival rate. In the same operated prisons of war, the Americans had a forty percent loss of life.^[1] What was the difference? The Turks had greater military discipline, which can be called values-driven routines. They were more closely knit together in their belonging in life, and they had a strong spiritual compass from their Islamic religion.

It was well known that the ethnically homogenous Turks followed a very strict code of military discipline. They had a great sense of national pride. Their reputation of caring for one another was indomitable. They were unshakeable together as they withstood enemy brutality. And their religious practices within the camp gave them a metaphysical resource, spiritual resiliency. It was these conditions that provided their purpose in life to survive, which gave them meaning in life. They were oxygen rich in purpose, belonging, values-driven routines, and spiritual connection, which kept their sense of self intact to be resilient (see *FM 7-22*, paragraph 10 page 16).

It is the position of this author that religions and meaning-making systems of thought such as a military code of conduct can provide robust frameworks of resilience. When the Seven Meaning-Making Markers (See page 20) have robust presence within an individual, along with a cohort of similar minds and spirits, the possibilities for resilience have increased.

^[1] Patricial B. Sutker et al., "Cognitive Deficits and Psychopathology among Former Prisoners of War and Combat Veterans of the Korean Conflict," *American Journal of Psychiatry* 148, no. 1. (January 1991): 67.

Additional Bibliography of Military Members Expressing the 7 Meaning Making Markers

- George E. Day, *Return With Honor*, (Champion Fighter Press: AZ, 1989).
- Jeremiah Denton, *When Hell Was in Session*, (Thomas Y. Crowell Co, 1976).
- Howard Rutledge and Phyllis Rutledge with Mel White and Lyla White, *In the Presence of My Enemies, Seven Years a POW in North Vietnam*, (Revell: NJ, 1973).
- John McCain, *Faith of My Fathers, A Family Memoir*, (Random House: NY, 2000).
- General Robinson Risner, *The Passing of the Night, My Seven Years as a Prisoner of the North Vietnamese*, (Konecky & Konecky: KY, 1973).
- James N. Rowe, *Five Years to Freedom, The True Story of a Vietnam POW*, (Ballentine Books: NY, 1971).*
- Jim Stockdale, *Thoughts of a Philosophical Fighter Pilot*, (Hoover Institution Press: CA, 1995).

*An exceptional first-person interview with COL James “Nick” Rowe on the ARSOF History YouTube Channel.



Everyday you wake up to the question, “Who am I?” It is best answered in three ways. (See above.)

An unlimited resilient person understands resilience is multidimensional and applies their values-driven spiritual identity to role identities. Spiritual identity sets moral boundaries in your roles. This gives you confidence and hope.

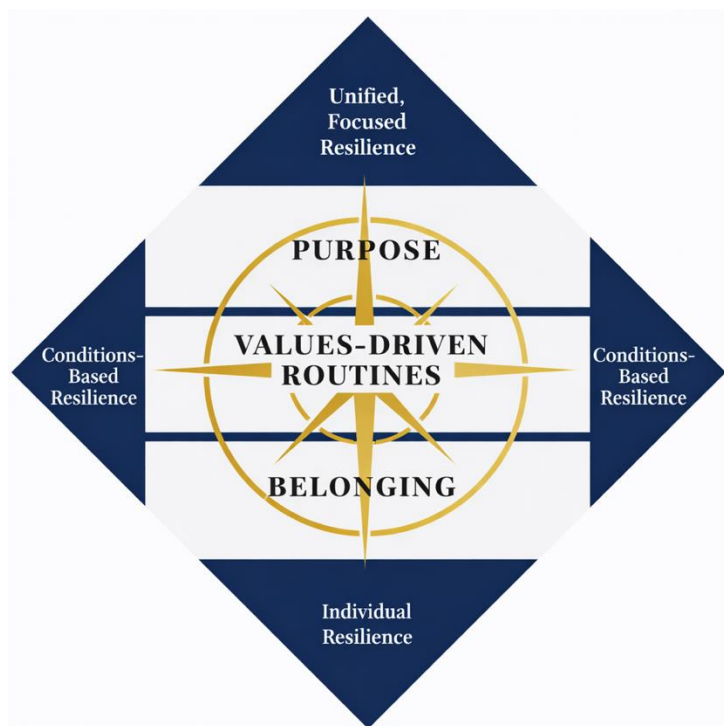
It also provides the strength to rightly handle one’s psychological identities, the narratives you believe about yourself, whether positive or negative. It provides a transcendent framework to see the world.

Unlimited resilience is more than just mental toughness and gritting it out through hard times. It’s knowing who you are spiritually (what you believe) that enables you to successfully make difficult decisions and then live it out.

- How might your values-driven spiritual identity influence your role and psychological identities?

Unlimited Resilience: Developing Your Best Path

What is Comprehensive Resilience?



This graphic depicting Comprehensive Resilience further captures one's outward growing conditions (purpose, belonging, and values-driven routines), upward unified-focus, guided by a deepening spiritual intelligence for a strong values-driven identity and unlimited individual resilience.

What does comprehensive resiliency look like? (ICU)

- **Individual Resiliency:** this is based on the individual decisions you make to find your best path from a values-driven identity.
- **Conditions-based Resiliency:** this is based on how you deepen, develop, and diversify the conditions (Purpose, Belonging, and Values-Driven Routines) of your life to find the best path to your ideal future self, the best path on your worst day, and the best path for your every day.
- **Unified-focused Resiliency:** this is based on the targeted person you desire to become in your Ideal Future-Self from the strength of your conditions. Identifying this can prevent personal mission drift.

You Are Already Equipped to be a Pathfinder

- Psychologist, Benjamin Hardy, PhD, *Be Your Future Self Now*, your brain is a “prediction machine.”
- Neuroscientist, David J. Linden, PhD, Johns Hopkins University, “Rather than merely reacting to the external world the brain spends much of its time and energy actively making predictions about the future... They can't be turned off through mere force of will.”
- Before neuroscience, the 20th century philosopher, Martin Heidegger, in *Being and Time*, wrote that we're “always running ahead.”
- Philosopher, James K.A. Smith, “What makes us who we are, the kind of people we are—is what we love. More specifically, our identity is shaped by what we ultimately love or what we love as ultimate—what, at the end of the day, gives us a sense of meaning, purpose, understanding, and orientation to our being-in-the world.”



You don't earn a pathfinder badge in this training because you already are one.

“Become who you are by learning who you are.”
Pindar, Greek Poet, 2600 BCE.

- What path are you currently on and where do you ultimately want to go?
- What primary voice is shaping your spiritual identity?
- What do you love?
- What factors are shaping your future?
- How are you shaping your future?

Check on Learning: Unlimited Resilience



1. What is an example from history that explains unlimited resilience?
2. In terms of resilience, what are the 3 types of identity categories that are important to know?
3. How might your values-driven spiritual identity assist you to have unlimited resilience in your roles or psychological identity?
4. What are the 3 types of resilience as explained in the acronym ICU and depicted in the graphic?
5. Fill in the blank: Benjamin Hardy, Ph.D., and David J. Linden, Ph.D. describe our brains as _____ machines.
6. Do you earn a pathfinder badge in this training?
7. Since your brain is a prediction machine, you are already a pathfinder. True or False?

The 7 Meaning Making Makers

What Does It Take to Build Resilience?

U.S. Army, FM 7-22, Holistic Health and Fitness, (H2F) Spiritual Readiness

“10-2. Spirituality is often described as a sense of connection that gives meaning and purpose to a person’s life. It is unique to each individual. The spiritual dimension applies to all people, whether religious and non-religious.”

“Identifying one’s purpose, core values, beliefs, identity, and life vision defines the spiritual dimension. These elements, which define the essence of a person, enable one to build inner strength, make meaning of experiences, behave ethically, persevere through challenges, and be resilient when faced with adversity. An individual’s spirituality draws upon parts of personal, philosophical, psychological, and religious teachings or beliefs, and forms the basis of their character.”

Comprehensive Airman Fitness Handbook

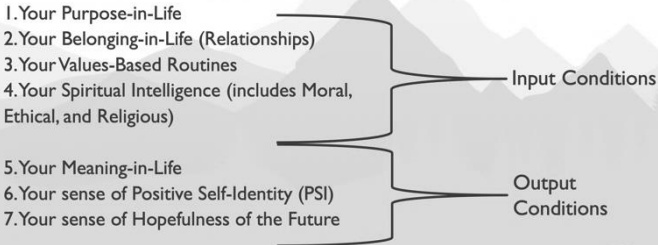
Spiritual Readiness is “the proactive practice of establishing a sense of purpose or personal priorities to develop the skills needed in times of stress, hardship and tragedy.”

U.S. Navy Policy

“...the capacity for mission accomplishment that results from the warfighter’s connection to the transcendent, defined by: (1) a connection to the divine, and/or; (2) participation in a community of faith, and/or; (3) sacrifice for the greater good; and/or (4) the pursuit of meaning, purpose, value, and service.”

1 Citations from Harold G. Koenig, M.D.; Lindsay B. Carey Ph.D.; and Faten Al Zaben, M.D., *Spiritual Readiness: Essentials for Military Leaders and Chaplains* (Las Vegas, NV: 2022), p. 5

The 7 Meaning Making Markers



Why is this Important?

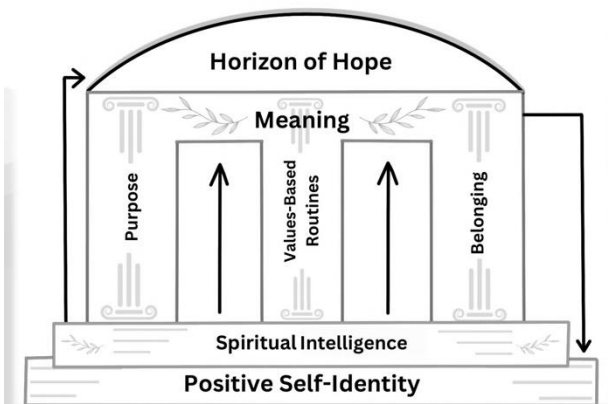
Example: Complete Blood Count (CBC)



Take the Resilience Unlimited Assessment of the 7 Meaning Markers:

<https://missionresilientmedia.com>

- What is your strong marker?
- What marker needs special focus?
- What marker could be a possible growth area?
- Use the PRT-Meaning Map for the next 30 days, discuss with others in a group, and retake the assessment.



The Thread and It's Golden Question

The thread that runs through this training is this: If you have a deepened, developed, and diversified purpose, belonging, and values-driven routines, guided by your spiritual intelligence (clarified moral, ethical, and spiritual values and virtues), there are increased possibilities to have robust meaning in life. This gives you a positive self-identity (PSI) as opposed to a negative self-identity (NSI). An NSI has scripts of defeat running through one's mind, such as existential angst about the future. An NSI becomes present from a gap when there is a significant lack in meaning-making markers.

Take, for example, the ancient story of Naomi in the book called Ruth. Naomi lost not only her husband but also her two sons. This was her whole significant biological belonging network. After those deaths, she returned home, and her NSI sounded like this: "Do not call me, Naomi; call me Mara, for the Almighty has dealt very bitterly with me" (Ruth 1:20). She took on a bitter identity. This lasted until the conditions of her family changed. She then took on a positive self-identity as "redeemed" with an aura of "blessing." (Ruth 4:14).

When you have a present PSI and your conditions are robust, you can look out into the future with a horizon of hope and more adequately deal with the difficulties and complexities of life.

MEANING MAP TO CLOSE THE MEANING GAP



Life is changing every day. It's dynamic, not static. We are constantly being challenged with the golden question "Who am I?" in our values-driven spiritual identity, as well as role identity, and psychological identity. No one is ever bouncing back to the same time-driven homeostasis.

Our life is always in draft. You are older today than you were yesterday. The boundaries of our exterior and interior (role and psychological) identities are always being tested—if not now, wait a minute. We are always moving into a new normal. That is why it is important to define *resilience* as "finding your best path." Resilience pre-supposes that one can find a new path that leads to homeostasis. This means rebalancing life.

All of us can have an ideal future self in mind. All of us have an innate desire to run ahead to potential possibilities. The meaning gaps call us to question, "Who am I really?" A gap becomes a boundary that has the potential to erode the confidence of our spiritual, role, and psychological identity.



Examples of Meaning Gaps

Whether you are in the military or a civilian, one of the greatest challenges to keep robust meaning in life is during transitions. It's been my experience, and the data plays out to this point: Permanent Change of Station (PCS) moves are more difficult on families than the deployment and redeployment of the military member. This is due to the totality of meaning loss in the family from purpose, belonging, values-driven routines, and spiritual identity.

The military member and spouse loses a job and social networks. Children lose friends and educational opportunities. Values-Driven Routines are shut-down and need to restart somewhere else. One of the major reasons people stop attending religious services is because they moved and have not found a new place to worship and belong. This meaning gap can become dangerous territory until it gets re-established.

➤ What kinds of gaps in life are common?

Resilience Unlimited— Pathfinder Resilience Tool: The Map to Close the Gap

PURPOSE		HORIZON OF HOPE DAILY AZIMUTH CHECK				BELONGING	
PERSONALITY RANGE		♦ PHYSICAL, SPIRITUAL, EMOTIONAL OBSTACLES? ♦ WHAT IS THE DISTANCE TO MY PSI? ♦ WHAT P/S/E RESOURCES DO I NEED?				Tribe	EBF
CORE VALUES	CORE FEARS	Values-Driven Routines					
CORE PURPOSE			D	W	M	S	
PURPOSE-IN-LIFE STATEMENT		1.					
To		2.					
(Action Toward Vision)		3.					
For		4.					
(Intending Result)		5.					
		6.					
		7.					
SPIRITUAL INTELLIGENCE							
1.		2.		3.		4.	
5.		6.		7.			
Date:		Positive Self-Identity				Copyright © Paul Lynn 2024	
Ideal Future-Self (1-5)							
Spiritual Compass Warrior Code (UFR)							
Worst Future-Self							
Best Path on Worst Day							

Fill out a downloadable PDF copy of the
Pathfinder Resilience Tool—Meaning Map at
<https://missionresilientmedia.com>



Meaning-in-Life



SUBJECTIVE SENSE THAT SOMETHING OR SOMEONE IS PERSONALLY SIGNIFICANT AND VALUABLE TO YOU. MEANING INVOLVES FAITH AND CONFIDENCE IN THE POSITIVE CONDITIONS OF RELATIONSHIPS, ACTIVITIES, BELIEFS, INSTITUTIONS, AND STRUCTURES.



MEANING IS ASSOCIATED WITH JOY AND CONTENTMENT TOWARD A GOAL (TELOS). IT'S PURPOSEFUL. THERE IS A DESIRE AND SEARCH FOR IT'S PRESENCE.



YOUR PRIMARY SOURCE OF MEANING-IN-LIFE IS YOUR RELIGION. *RELIGIO* (LATIN) MEANS "TO BIND." YOUR MEANING IS WHAT BINDS (COHERENCE) YOUR LIFE TOGETHER. EVERYONE HAS A RELIGION. YOUR MEANING, *RELIGIO* MEDIATES THE FEELING STATE YOU DESIRE.



UNDERSTANDING THIS PROVIDES THE PATHFINDER OPPORTUNITY TO CLARIFY WHAT COULD BE A UNIFIED-FOCUSED RESILIENT (UFR) LIFE BASED ON ONE'S MEANINGS-IN-LIFE.

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Meaning-in-Life is different than happiness. Happiness is defined by *hedone*, the Greek word for external pleasure.

Meaninglessness is the loss of faith and confidence in one's significant positive conditions.

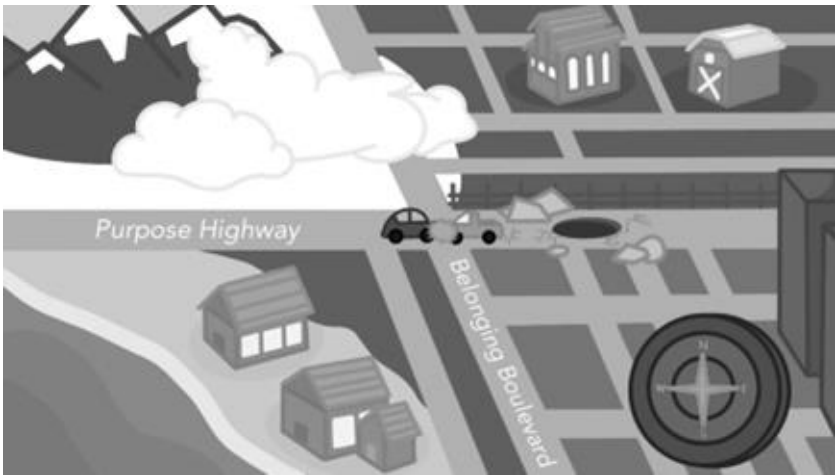
Efficacy of meaning is more than just a feeling-state, but it has an effective result toward a Unified-Focused Resilient (UFR) greater goal.

Your Pathfinder Resiliency Tool (PRT) Meaning Map is a snap shot in time. It's only as relevant as it's updated by you. Analyze your Map to make resilient change while looking at your Horizon with your Spiritual Intelligence.

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Meaninglessness manifests when people experience serious threats or losses about that which is significant, the ultimate that we desire. Untold numbers of people become suicidal. From the highest-ranking officers in the military to the lowest enlisted members (or whatever career or status in life), if one's identity is *only* drawn from what one does, the significance of certain relationships, or values-driven routines, one can move into catastrophic meaning loss. If you put all your faith in a human institution and it systemically fails you, anxiety and depression is sure to emerge. keep standing in your spiritual, values-driven identity to have unlimited resilience.

The 5 I.D.E.A.S.



The 5 external negative factors (ENFs): I.D.E.A.S.

- The above illustrates how there are unplanned problems originating from natural or human origins
- 5 External Negative Factors (ENFs), IDEAS: Injustice, Death, Evil, Absurdity, and Suffering. Clustered together can equal Catastrophic Meaning Loss and lead to Suicidal Ideations
- Top Left: No Resources. Single Point of Failure. Top Right: Some Resources. Bottom Left: Little Resources Bottom Right: Most Conditional Resources for Resiliency Including a developed Spiritual Intelligence (Compass)
- Through your PRT Meaning Map preventative resiliency expects the 5 ENFs (IDEAS) by having a plan to find your best path in a time of clustered catastrophic meaning loss or everyday challenges

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- How have the 5 ENFs effected your life from a human origin or natural disaster?
- How can you provide yourself with preventative resiliency against these?
- Jim Collins in his book, *Great by Choice*, calls this second question, “productive paranoia.”

Unified-Focused Resiliency



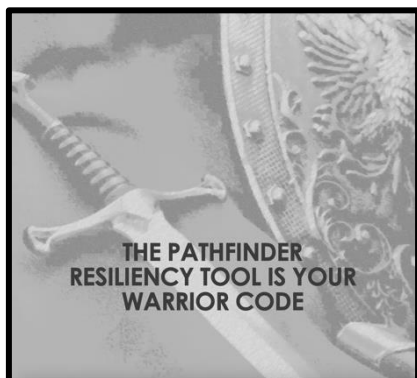
Our brains crave a unifying framework for managing life conditions (Purpose, Belonging, Values-Driven Routines, and Spiritual Intelligence) toward the desired Positive Self-Identity. This is called “coherence.” We desire a coherent life.

Positive emotion is experienced through the Dopaminergic system. As one is able to move and achieve toward unhindered valued-goal(s), dopamine, the neurochemical for reward is released.

Entropy is disordered events, which prevents someone from reaching their goals; physical entropy leads to psychological entropy.

Examples: Life feels good when you have a plan for a great day at work, until you have a car accident while driving to it, or your computer no longer works when you need it to.

- How can knowing this biological pattern help you to be more resilient?
- Can you imagine being able to stay focused on your goals even though entropy happens?



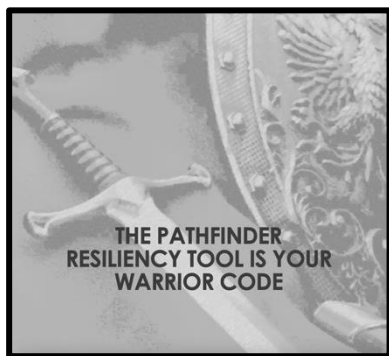
It's impossible not to have some kind of moral, ethical, narrative structure to help us make sense of the world by what is right and wrong.

The Pathfinder Resiliency Tool is a mediator to help clarify and sharpen the focus of what is the defined narrative you live by.

The idea of a warrior code can reinvigorate resiliency health where character fragility is present. Steven Pressfield, a distinguished writer and military author, opines on the topic of the *warrior ethos*.

The Warrior Ethos is taught on the football field in Topeka, in the mountains of the Hindu Kush, on the lion-infested plains of Kenya and Tanzania. Courage is modeled for the youth by fathers and older brothers, by mentors and elders. It is inculcated, in almost all cultures, by a regimen of training and discipline. This discipline frequently culminates in an ordeal of initiation. The Spartan youth receives his shield, the paratrooper is awarded his wings, the Afghan boy is handed his AK-47.^[1]

^[1] Steven Pressfield, *The Warrior Ethos* (New York, NY: Black Irish Press, 2011), 14–15.



In the book *Faith of the American Soldier*, Stephen Mansfield also provides analysis and testimony of what it means to live out a warrior code.

The warrior code takes a soldier and makes him a knight. It connects the natural life of a fighter to a supernatural understanding of the warrior calling. His duties are transformed into holy sacrifices; his sense of self is reformed into an image of the servant in pursuit of valor. He becomes part of a fellowship, a noble tradition that flows through him and carries him beyond the mediocre and the vain.^[1]

Steven Pressfield says that a regiment of discipline and training culminates in an initiation.

- Have you ever experienced a rite of initiation to belong to a virtuous group that shapes identity and provides resilience?
- How can you cultivate a positive narrative to keep yourself accountable and virtuous through the RU Pathfinder Resiliency Tool?

^[1] Stephen Mansfield, *The Faith of the American Soldier* (Lake Mary, FL: Charisma House, 2005), 116.



CODE OF CONDUCT

I

I am an American, fighting in the forces which guard my country and our way of life. I am prepared to give my life in their defense.

II

I will never surrender of my own free will. If in command I will never surrender the members of my command while they still have the means to resist.

III

If I am captured I will continue to resist by all means available. I will make every effort to escape and aid others to escape. I will accept neither parole nor special favors from the enemy.

IV

If I become a prisoner of war, I will keep faith with my fellow prisoners. I will give no information or take part in any action which might be harmful to my comrades. If I am senior, I will take command. If not, I will obey the lawful orders of those appointed over me and will back them up in every way.

V

When questioned, should I become a prisoner of war, I am required to give name, rank, service number, and date of birth. I will evade answering further questions to the utmost of my ability. I will make no oral or written statements disloyal to my country and its allies or harmful to their cause.

VI

I will never forget that I am an American, fighting for freedom, responsible for my actions, and dedicated to the principles which made my country free. I will trust in my God and in the United States of America.

Background on the Military Code of Conduct and How it was Used by the American POWs in Vietnam

The U.S. Military Code of Conduct (also called the Code of the U.S. Fighting Force) is a set of six articles that establish behavioral standards and moral obligations for members of the Armed Forces of the United States, especially in combat or if captured as prisoners of war (POWs).

It was established by President Dwight D. Eisenhower via Executive Order 10631 on August 17, 1955, drawing on longstanding American military traditions. It has been amended over time (notably for gender-neutral language in 1988 under President Reagan and earlier adjustments to Article V). All service members receive training on it. It is an ethics guide and DoD directive; violations can relate to the Uniform Code of Military Justice (UCMJ), though it primarily provides moral and practical guidance rather than being a standalone punitive statute.

Lessons were learned by the Americans in the Korean War and were put into place for the future ensuing conflict in Vietnam.

Application by American POWs in Vietnam

The Vietnam War provided the first large-scale test of the Code. American POWs—many held for years in camps like the “Hanoi Hilton”—used it as a foundational guide for organized resistance, even under severe torture and isolation that made strict adherence to every letter (especially Article V) extremely difficult.

Senior officers such as James Stockdale and Jeremiah Denton maintained a chain of command, issued resistance guidelines, and adapted the Code’s *intent* (“Resist, Survive, Return with Honor”) rather than its absolute letter.

Check on Learning: 7Ms, the Golden Question, the Gap, Meaning, the UFR, and Defining Warrior Code.



1. What are the Input and Output Conditions of Resilience?
2. What is the Golden Question?
3. What two kinds of Identity and accompanying feelings can a person develop if there is a Meaning Gap?
4. What is the end-state of this training to close the Meaning Gap?
5. What is a definition of meaningless?
6. What are the Five I.D.E.A.S. that happen to us without our permission?
7. What does our brain crave to have a Unified Focused Resilient life?
8. How can a Warrior Code or Ethos help you to be resilient?

“A problem well-stated is a problem half-solved.”
Charles Kettering, head of research at General
Motors from 1920-1947.

What models are similar to the Pathfinder
Resilience Tool?

- Individual Development Plan (IDP): helps one find gaps and create strategies
- SWOT Analysis: Strengths, Weaknesses, Opportunities, and Threats
- Vision Dashboard: helps one visually stay in touch with road and terrain conditions.

PART II
PRACTICAL APPLICATION

PATHFINDER RESILIENCY TOOL

MEANING MAP



“We are kept from our goals not by obstacles, but by a clear path to a lesser goal.” Benjamin Hardy, PhD

- 13% of people think of their future (3 years out) once a day
- 20% of people several times a week
- 14% of people once a week
- 21% of people once or twice a month
- 13% of people once or twice a year
- 13% rarely
- 6% never
- Survey from the Institute of the Future in a report called “The American Future Gap,” 2017.
- Only three percent of the population set goals.
- Only **one percent** actually write their goals down.
- According to a study by **Dr. Gail Matthews at Dominican University on goal setting statistics**, if you write down your goals, you are **42 percent more likely to achieve them**.
- The individuals who set **time-bound goals** and **start weekly progress reporting** encourage peers to **achieve 40% more** than those who did not.
- Research on goal setting theory, conducted by Locke and Latham has shown that in 90% of the studies individuals performed better when their goals were both specific, meaningful and challenging.

Aggregated research found at dreammakerr.com/writing-down-goals.

Thinking about or planning your future can feel very unnatural. Having a unified-focus toward a goal helps one start creating a path to a positive self-identity.

The idea of resilience presupposes that you can actually find a path to your ideal future-self, best path on your worst day, or best path for your every day.

Purpose: Developing Your Target

Purpose-in-Life





Existential Question: "He who has a 'why' to live for can bear almost any 'how'. What is your "Why?"



A personal vision of one's life whereby tasks and responsibilities are moving oneself toward a projected end-state. ***It requires sacrifice.***



A sense of satisfaction toward fulfilling one's vision.



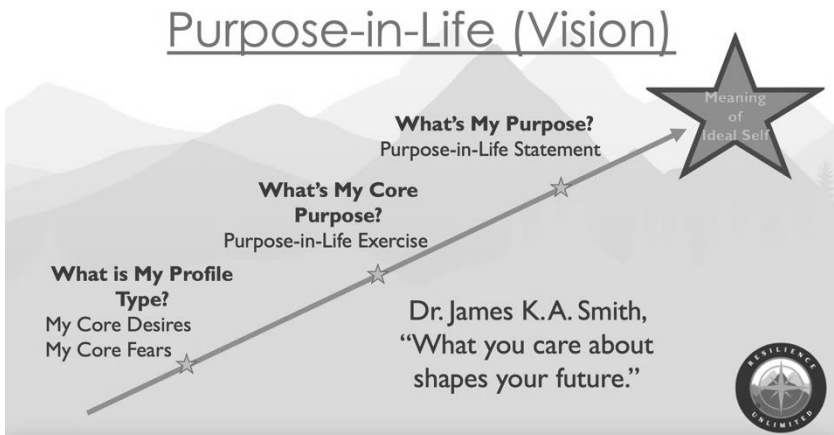
Alignment toward the good of the world.



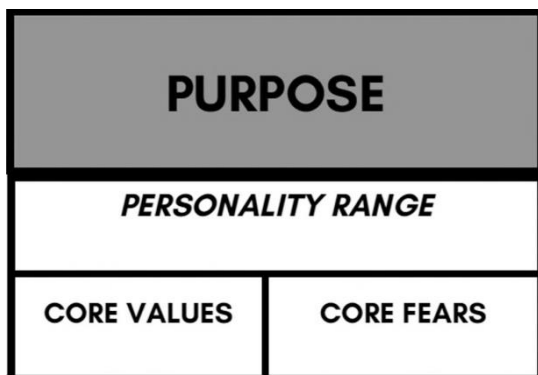
Essential for well-being and provides resistance to anxiety and depression.

3 Exercises to Target Your Purpose

- Take the Enneagram
You can purchase on the internet, bookstore, or review at no cost at <https://www.missionresilientmedia.com>. Place results on your RU-PRT on the top left-hand corner. I'm an Enneagram 7, the Enthusiast.
- Purpose-in-Life Exercise
- Purpose-in-Life Statement



The 9-Type Personality Inventory

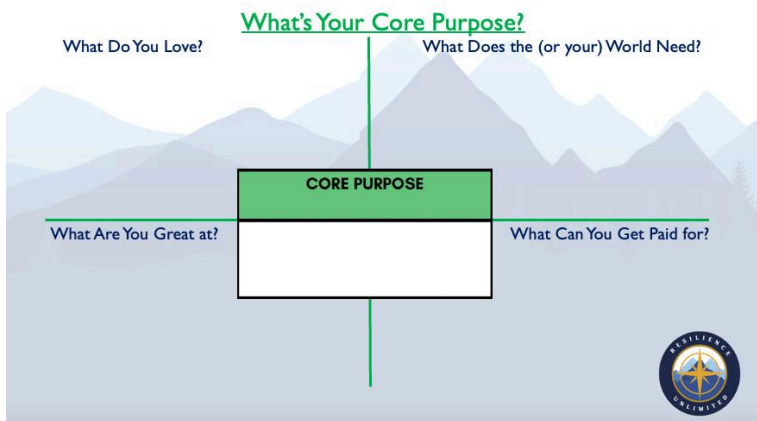


What is the intent of taking the 9-Type Personality Indicator or Enneagram? ? It will help you discover your core desires and fears—in other words, your core values and what you avoid. One personality test can't tell everything. Adam Grant, Ph.D. says that personality is on a continuum, like a bell curve. This is why it's indicated above as a Personality Range.

In her book, *The Defining Decade*, Meg Jay, Ph.D. defines Identity Capital as “investments that we make in ourselves, the things we do well enough, or long enough, that they become a part of who we are.” Knowing who you are, to better understand your purpose is like acquiring Identity Capital.

In understanding your purpose in life, you want to sense what you are gravitating toward. You also want to be cognizant of what you naturally avoid doing. When you think about the idea that you are already a pathfinder, always running ahead, you want to assist yourself in the direction that feels most organic to you. You want to discover your why.

Step 2—Core Purpose Exercise



Developing Your Core Purpose Target

Have you ever tried to shoot a target? Did you get anxious? Don't worry, you have a life-time to further develop your target.

- Answer the questions in each quadrant as best as you can with as many answers possible.
- How has your Enneagram informed this process?
- Circle the *best* answer in each quadrant that resonates with you the most.
- Then, put each of the answers together in one sentence that makes the most sense to you.
- What you love + What You are great at + What YOUR world needs + What you can get paid for = Your core purpose
- Example: "My core purpose is to train people around the world to become more resilient."

What is your Core Purpose? Write it on your RU-PRT.

What's Your Core Purpose?

What Do You Love?

What Does the World Need?

CORE PURPOSE

What Are You Great at?

What Can You Get Paid for?



Write a Purpose Statement

Using the data from your Personality Assessment and Core Purpose develop a Purpose Statement.

- Definition of Purpose: a personal vision of one's life whereby tasks and responsibilities are moving oneself toward a projected goal. There is a sense of satisfaction (joy) toward fulfilling one's vision. It aligns toward the good of the world.

- Write your "Purpose-in-Life Statement" on your Personal Meaning Map.

PURPOSE-IN-LIFE STATEMENT
To
(Action Toward Vision)
So that
(Intending Result)

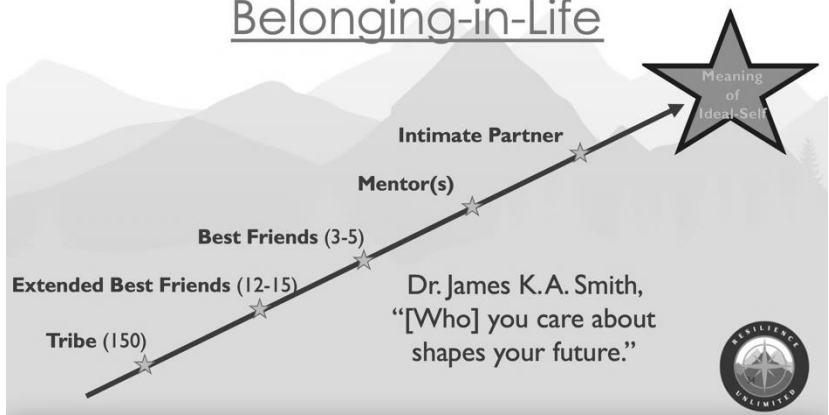


My Purpose-in-Life Statement is, "To train people to be more resilient, adventure in life, and care for my family." This captures some essence of my Enneagram profile, what's important to me, and what I love to do.

- The combination of the three processes (Enneagram, Core Purpose Exercise, and Purpose-in-Life Statement) can give you a good idea what makes you tick and what you want to do.
- FAQ from my training experience: "Can my purpose also be aspirational?" Yes! Your purpose is always a target and sometimes your target moves. You follow your target.
- Your Purpose Statement can have the power to get you out of bed in the morning. "If anyone has a **why** to live for s/he can bear almost any **how**."

Setting Your Circles of Trust

Belonging-in-Life



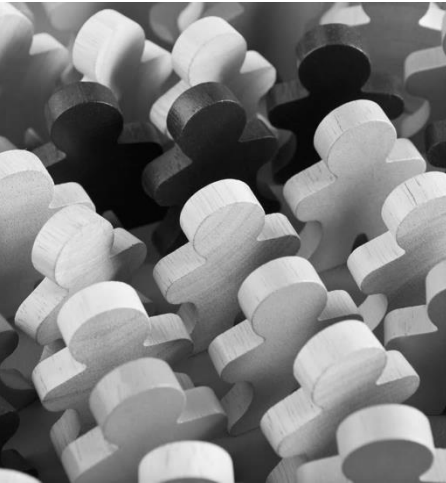
Belonging starts with a *longing to be* with others. Belonging occurs when others return this longing back to you. From cradle to grave, we need attachment, connection, and belonging to others. However, what is being reported and experienced today is that young people have never been lonelier.^[1] The Gallup organization reported in January of 2023 that there is a silent global pandemic of loneliness. The US Surgeon General has written extensively on this.^[2] Over three hundred million people globally don't have a single friend and that 20 percent of adults don't have a friend to count on in a time of need. Isolation and loneliness bring with it risk of serious health factors.^[3] Nearly one in five American men report they do not have a single friend.^[4]

^[1] Nana Baah, "Young People Are Lonelier than Ever," *Vice*, April 22, 2022.

^[2] Vivek H. Murthy, *Together, the Healing Power of Connection in a Sometimes Lonely World*, (New York, NY: Harper Collins, 2020)

^[3] <https://www.cdc.gov/aging/publications/features/lonely-older-adults.html>.

^[4] <https://nypost.com/2021/07/07/friendship-recession-15-of-men-are-without-a-close-pal/>.



Belonging-in-Life

- African Proverb—"If you want to go fast in life, go alone. If you want to go far in life, go with a friend." Who are your Top 5 Best Friends? Who could you mentor? Write on Meaning Map.
- The Dunbar Circle: Intimate Partner/Family, Mentor(s), Best Friends (3-5), Friends (12-15), and "Tribe" (150)
- "Collective connectedness to a social group or larger community provides a more robust sense of meaning in life than with a spouse or intimate partner (intimate connectedness) or connectedness with friends and family members (relational connectedness)."
- The tribe can have a greater protective factor than the Intimate Partner. ^[2]
- From cradle to grave, we need Attachment and Belonging.

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Dr. Robin Dunbar of Oxford University proposes the science behind optimal relationships in his book *How Many Friends Does One Person Need?*^[1] It doesn't matter if you have a million Instagram or TikTok followers; you can only truly know about 150 people. We can only handle so many real personal relationships. There are only so many hours in a day. Significant belonging-in-life relationships take time and effort.

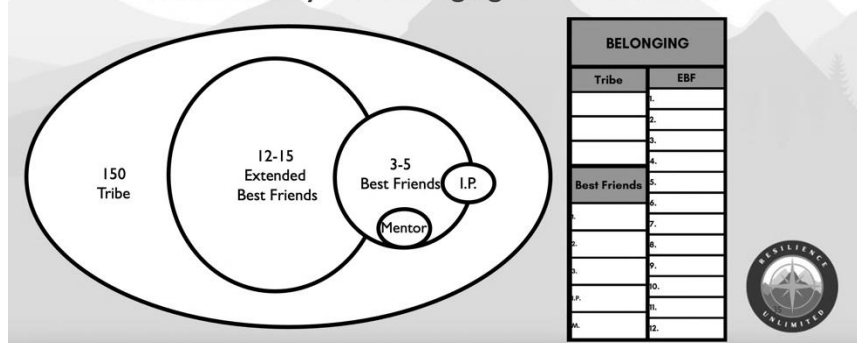
To use the analogy of relationships as a healthy human cell, it should be semipermeable. Good things can flow in and bad things can't, to put it simply. A healthy cell regulates what flows in and out. An impermeable cell will dry up and die. Human beings need healthy semipermeable relationships in order to be resilient.

^[1] Robin Dunbar, *How Many Friends Does One Person Need, Dunbar's Number and Other Evolutionary Quirks*, (Cambridge: MA, Harvard University Press, 2010).

^[2] Olga Stavrova and Maïke Luhmann, "Social Connectedness as a Source and Consequence of Meaning in Life," *Journal of Positive Psychology* 11, no. 5 (September 2016): 477.

Belonging-in-Life

What could your Belonging-in-Life look like?



Tribe (150 people): Your tribe has a potentially greater protective factor for your well-being than an intimate partner.

- Do you have an affinity group, “tribe” that you belong to that shares the same values so that you can both mutually profit from each other’s relationship?

Extended Best Friends (12–15 people): These are not your besties, but they are in a social category where they share their lives with you and yours with them, just not in the most vulnerable ways.

- Who are your 12-15 Extended Best Friends?
Write them on your Pathfinder Resiliency Tool.

Three to Five Best Friends: This feels very intimidating to many people. Our world is struggling. Hallmarks of best friendships reveal vulnerability to each other, accountability, validation, and support.

- Who can be your 3-5 Best Friends? Also include a Mentor and Intimate Partner (spouse), if you have one.

Example of a Best Friend Pledge

- I. I invite you to be 1 of my Top 5 Friends to create strong relationships and be mutually resilient in life.
- II. We will talk regularly during the month.
- III. We will be vulnerable to each other in a time of need.
- IV. "I will have your back, and you will have mine." We will be **there** for each other when it really counts.
- V. If we know that the other is in need we will frequently call.
- VI. If we can not keep this pledge, we will provide courtesy and inform the other.



Review: What can comprehensive resiliency (see diagram on p. 16) look like?

- Individual Resilience: this is based on the individual decisions you make to find your best path to your ideal future-self, on your worst day, and for your every day. This is best influenced by your Spiritual Intelligence that is your values-driven identity.
- Conditions-based Resilience: this is based on how you work toward deepening, developing, and diversifying the conditions (Purpose, Belonging, and Values-Driven Routines). You are growing yourself in these areas to be able to withstand loss and still find your best path forward.
- Unified-focused Resilience: this is based on the targeted person you desire to become in your Ideal Future-Self from the strength of your conditions. Identifying this can prevent personal mission drift.

Fueling the Machine



Values-Driven Routines

- **James K.A. Smith**, “What you deeply care about shapes your future.” What are your Top 7 Values-driven Routines that will fuel your Purpose and Belonging?
- **James Clear, *Atomic Habits***, “Values-driven Habits reinforces the identity one desires.”
- About 40 percent of daily activities are performed each day in almost the same situations, studies show. How can you maximize Values-Driven Routines?
- *Habits, Disciplines, Rituals, and Traditions.*
- *Ordo Amoris: order your loves*

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Dr. John Gottman, one of the most renowned marriage therapists and an observant Jew, has much import here. His evidenced-based therapy system has influenced the development of the Resilient Unlimited model. He suggests to “Create Shared Meaning” through habits, disciplines, rituals, and traditions. He advocates “spiritual dimensions that have to do with creating an inner life together—a culture rich with symbols and rituals, and appreciation for your roles and goals that link you, that lead you to understand what it means to be a part of the family you have become.”^[1]

Values-driven routines set the boundaries for your spiritual identity and role identity, which gives you confidence and hope in your psychological identity.

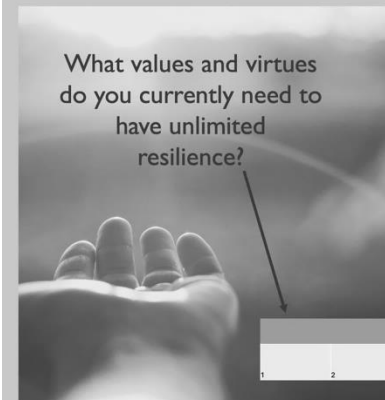
^[1] John M. Gottman, PhD, and Nan Silver, *The Seven Principles for Making Marriage Work: A Practical Guide from the Country’s Foremost Relationship Expert* (New York, NY: Three Rivers Press, 1999), 243–44.

Values-Driven Routines: Fueling the Machine

➤ Look at your PRT Meaning Map. In the center, you can see an area that provides a list of your top seven values-driven routines. Remember: your life is always in draft. What might you need to prioritize? At this juncture, refrain from fully completing this section. **It is after the next meaning-making marker, PSI, that you fill it this in. In your PSI, you are going to specifically write out the vision for yourself. After that, write out your values-driven routines to help you reach your ideal future self and avoid your worst future self.** You will also notice boxes with indicating letters: *D*, *W*, *M*, and *S*. This means routines done daily, weekly, monthly, or seasonally. Check the box that will keep yourself aligned with your ideal future self and horizon of hope.

Values-Driven Routines	D	W	M	S
1.				
2.				
3.				
4.				
5.				
6.				
7.				

One Compass to Rule Them All



What values and virtues do you currently need to have unlimited resilience?

Spiritual Intelligence

- "It takes something more than intelligence to act intelligently." ~Fyodor Dostoyevsky
- "An adaptive intelligence enabling you to develop values, vision, and capacity for meaning."
- Your Spiritual Intelligence **informs and guides** your Purpose, Belonging, and Values-Driven Routines.
- Spiritual Intelligence is the values you hold and the virtues you live and practice. Values are what you believe. Virtues are the good attitudes and behaviors you exhibit.
- People believe in a Transcendent, Higher Power God or use transcendental practices to cope with life. Some have a combination of both.

Spiritual Intelligence

1 2 3 4 5 6 7

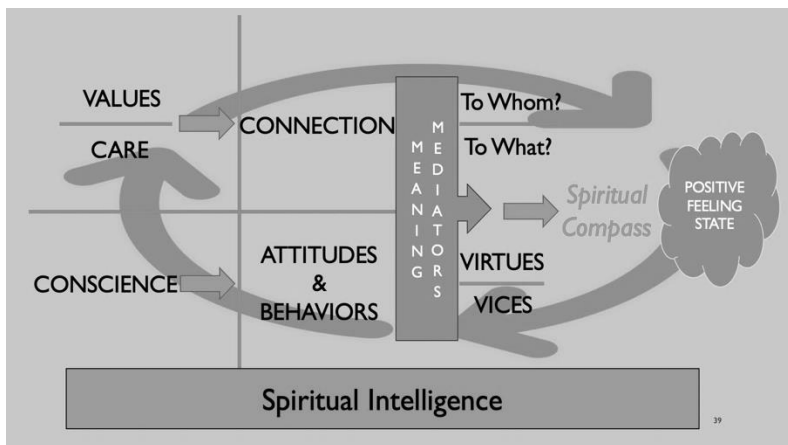
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“Spiritual Intelligence is an adaptable intelligence enabling you to develop values, vision, and capacity for meaning.”¹ As Dr. Lisa Miller noted in *The Awakened Brain*, based on MRI evidence, cortical thickness is shown to be present for those who regularly practice spirituality: Transcendence or transcendental. This is a biological buffer to anxiety and depression.

Harvard Business Review (Dec 23) reports that on average, humans make 33,000 to 35,000 decisions a day. They are coming from a values-driven conscience, whether consciously or subconsciously.

When comprehensive resilience is studied among all the other domains such as physical, mental, social, financial, and spiritual, one might think that they all can be integrated. Not all can be integrated well. Yet, one can take a values-driven intelligence and integrate it to other domains: how to be physically fit, socially relevant, mentally stable, and financially solvent. This shows the importance of a values-driven identity. To reach unlimited resilience in all the domains, it takes spiritual intelligence.

¹ Harris Wiseman and Fraser Watts, “Spiritual Intelligence: Participating with Heart, Mind, and Body,” *Journal of Religion and Science*, 2022



- Our life is a dialectic. This means we all live by standards and measure ourselves to standards. We attempt to improve our lives by the standards. Striving for perfection is a challenge.
- Simultaneously we are weak and strong. We can be brilliant and still do dumb things. We have the capacity for both virtue and vice. Our conscience and desires do not always work together. We desire a positive feeling state.
- It is impossible NOT to care about something or someone. Our values are derived from this care. It drives us to connect to what we desire. What we connect to mediates the feelings we desire. We all desire a positive feeling state. Our conscience provides direction to what we care about, value, and connect. This drives our virtues. Defining your **Spiritual Intelligence** in life provides clarified direction of your **Purpose, Belonging, Values-Driven Routines** so that you can get the most **Meaning** and **Positive Self-Identity**. When these conditions are present it gives you a **Horizon of Hope**.

Spiritual Intelligence

- There are also the 3 Internal Negative Factors (INFs). They are Transgression (violation of trust), Guilt, and Shame. No one is perfect. We all make moral mistakes. Spiritually reconciling to others through forgiveness and incorporating dialectical change with your Spiritual Intelligence is important for Resiliency Health (RH).
- With the presence of a defined Spiritual Intelligence, you can be Individually Resilient by utilizing your Values and Virtues, guide your Conditions-based Resiliency, and shape a Unified-focused Resiliency. Write in the 7 spaces on your PRT the values and virtues you need to practice today.
- This enables you to: 1) find your best path to your Ideal Future-self, 2) find your best path on your worst day, 3) find your best path for your every day.



List of Virtues

- 1. Honesty:** Being truthful and sincere in one's words and actions.
- 2. Integrity:** Adhering to a strong moral and ethical code, even when it's challenging.
- 3. Kindness:** Showing compassion and consideration for others.
- 4. Compassion:** Empathizing with and caring for the suffering of others.
- 5. Courage:** Facing fear or adversity with bravery and determination.
- 6. Resilience:** The ability to bounce back from adversity and challenges.
- 7. Wisdom:** Applying knowledge and experience to make sound judgments.
- 8. Generosity:** Sharing one's resources, time, and compassion with others.
- 9. Patience:** Demonstrating self-control and tolerance in the face of frustration.
- 10. Gratitude:** Acknowledging and appreciating the good in one's life.
- 11. Humility:** Modesty and a lack of arrogance in one's attitude and behavior.
- 12. Empathy:** Understanding and sharing the feelings of others.
- 13. Justice:** Fairness and equality in one's actions and decisions.
- 14. Self-discipline:** Controlling one's impulses and desires for a greater purpose.
- 15. Forgiveness:** Letting go of resentment and granting pardon to others.
- 16. Responsibility:** Fulfilling one's duties and obligations.
- 17. Diligence:** Perseverance and careful effort in one's work.
- 18. Tolerance:** Accepting differences and diversity in others.
- 19. Sincerity:** Being genuine and honest in one's intentions.
- 20. Loyalty:** Faithfulness and allegiance to others, especially in relationships.
- 21. Caring:** Demonstrating a genuine concern for the well-being of others.
- 22. Gentleness:** Handling situations and people with a soft touch.
- 23. Temperance:** Moderation and self-control in all aspects of life.
- 24. Graciousness:** Politeness and kindness in social interactions.
- 25. Virtue:** Striving for moral excellence and high moral standards.

- What are seven possible Virtues that you could list on your PRT-Map to practice so that you can have unlimited resilience right now?

Spiritual Intelligence

1	2	3	4	5	6	7
---	---	---	---	---	---	---

- What other virtues not included in the above list could you practice right now?

The 3 INFs: A Primer on Moral Injury



The Veteran's Administration defines Moral Injury as as the distressing psychological, behavioral, social, and spiritual aftermath of exposure to events that contradict deeply held moral beliefs and expectations.



Moral injury (guilt, shame, moral concerns, betrayal, loss of trust, loss of meaning, self-condemnation, difficulty forgiving, religious struggles, and loss of religious faith/hope).



A Process for Overcoming (A Process): Conviction, Lamentation (Deep Sorrow and Grief), Repentance, Confession, Forgiveness, **Reconciliation**, Atonement/Penance, Recovery and Resilience

See above the how the Veterans Administration defines Moral Injury.

What is the experience? See the behaviors and emotions involved.

Oftentimes, people become “stuck” in their past from this experience.

Here, the title of this internal wound, Moral Injury, indicates the need for a Spiritual Intelligence, which means it's an adaptable intelligence involving values, virtues, and capacity for meaning.

A moral injury requires a spiritual solution.

The process for overcoming Moral Injury above is generally educational.

The nature of Moral Injury sometimes requires the help and support of a Chaplain, or a spiritually informed and well-trained professional to work through this.

The Rearview Mirror Exercise, located in the section Positive Self-Identity could be helpful using the above “Process” to work through Moral Injury.

Shining Example of Overcoming Moral Injury

During John McCain's imprisonment as a POW in the Hanoi Hilton, he attempted suicide.

"Despairing of any relief from pain and further torture, and fearing the close approach of my moment of dishonor, I tried to take my life. I doubt I really intended to kill myself. But I couldn't fight anymore, and I remember deciding that the last thing I could do to make them believe I was still resisting, that I wouldn't break, was to attempt suicide."

Air Force Colonel, Bob Craner, played a pivotal role in restoring John McCain.

"When they brought me back to my cell, I was hurt and ashamed, and I didn't know how I could face my fellow prisoners. The good man in the cell next door, my friend, Bob Craner, saved me. Through taps on a wall he told me I had fought as hard as I could. No man can always stand alone. And then he told me to get back up and fight again for my country and for the men I had the honor to serve with, because every day they fought for me."

John McCain was also an amazing example in forgiving his captors and torturers.

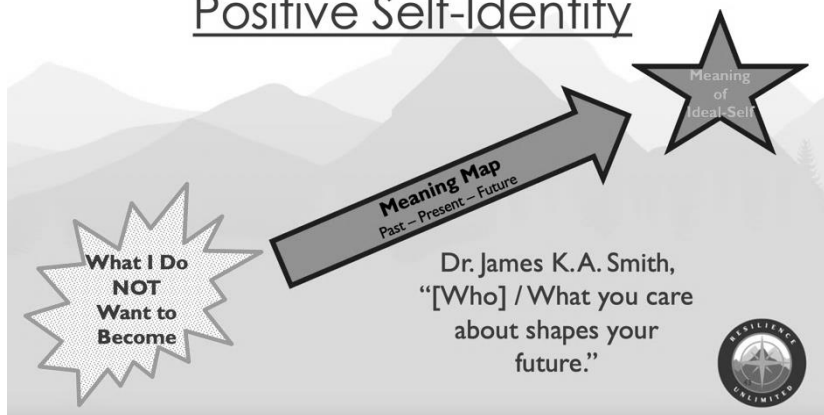
Later as a Senator for Arizona, he was instrumental in normalizing relationship with Vietnam. He returned there many times.

He said, "My job has been reconciliation and healing."

In a highly visible trip in 2000, he is quoted as saying, "I put the Vietnam War behind me a long time ago... I harbor no anger, no rancor."

From Liquid to Solid

Positive Self-Identity



Ideal Future Self

Look at Ideal Future Self under Positive Self-Identity on your RU-PRT Meaning Map. You have already done the work for your purpose in life and belonging in life, and you’ve begun to think about your values-driven routines.

- Now including the above information, who do you want to be in one to five years?

If you reflect all the way to your permanent finish line, there is a Latin term, *memento mori*, which means “remember you must die.” Many people meditate on their future death to gain a present existential awareness of who they need to be. This is the beginning of a unified-focused resiliency.

Date:	Positive Self-Identity		Copyright © Paul Lynn 2024
Ideal Future-Self (1-5)			
Spiritual Compass 			
Warrior Code (UFR) 			
Worst Future-Self			
Best Path on Worst Day			

Worst Future Self

“If you know your enemy and yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory gained you will also suffer defeat. If you know neither the enemy nor yourself, you will succumb in every battle.” - Sun Tzu, The Art of War.

Think of your resiliency conditions: purpose, belonging, values-driven routines. What are the threats to your ideal future self that can show up in your worst future self?

- Technology addiction
- Isolation and loneliness
- Illicit sex or porn addiction
- Substance abuse (food, drugs, alcohol, nicotine)
- Financial mismanagement
- Time (limitations or distractions)
- Unhealthy relationships
- Nihilism (meaningless and hopelessness)
- Inadequate regulation of mental health
- Non-authentic identity
- Laziness
- Your ideal self (too much)
- Incoherent life (disorganized)

On your PRT Meaning Map, write out your worst future self. Be rigorously honest.

Now after writing out a profile of your worst future self, write down a vision of your ideal future self.

- What positive virtues do you want to live out instead?



Positive Self-Identify

This is Your Unified-Focused Resiliency

1. Summarize all the qualities of your Ideal Future-Self into a narrative summary from your whole Meaning Map: Purpose, Belonging, Routines, and Spiritual Intelligence. Write it out: who you aspire to be in 1, 3, 5 years, and end of life. This is your Ideal Future-Self.
 2. Write out your Warrior Code (Spiritual Compass): What you will do and what you will not do. This is to influence your Ideal Future-Self and mitigate against your Worst Future-Self.
 3. Write out what you do not want to become: your Worst Future-Self.
 4. Write out your Best Path on Your Worst Day for Preventative Resiliency against catastrophic meaning loss from the 5 ENFs (IDEAS), or other threats.
- Harvard Study, 47% of the time our mind is thinking of something else. We're not staying in the present. It's a predictor of unhappiness.

Spiritual Compass (Highest Good)

Your Spiritual Compass, or highest good, is the morals, ethics, and religious or spiritual beliefs that you hold. Historically, there is a Latin term that brings this into focus: *Summon Bonum*. This means highest good. What are the highest good moral codes that you want to hold yourself to? Make this practical for right now.

These are declarative statements intending to influence your best path to your ideal future self and mitigate the worst path to your worst future self. This provides a unified-focused resiliency.

Take your time to write in your Spiritual Compass and moral Warrior Code. Commit to what you are going to do and what you are not going to do.

Remember: what are you going to do to reconcile violations? Who or what is going to help you mediate failure?

Spiritual Compass (Highest Good)

- Next to Spiritual Compass on your PRT Meaning Map, start writing the sentence “I WILL ...” A general example could look something like this, “I WILL wholeheartedly live my best path. I will prioritize my family over competitive desires.”
- Next to Warrior Code: “I WILL NOT let pride and financial mismanagement interfere with my Ideal Future-Self.”
- Everyone’s Spiritual Compass statements will be different.
- Write about what you WILL do and what you WILL NOT do.

According to Andrew Huberman, Ph.D., Professor of Neuroscience at Stanford University, he stated in his podcast that part of the brain called the Anterior Midsingulate Cortex is responsible for the strength of your will. This is the seat of your will-power. He states that when people DON’T do something they want to do, this area of the brain grows larger. This area is small in obese people. It get’s bigger when they diet. It’s larger in athletes. It’s especially large in people who see themselves who can overcome exceptional challenges in life.

Date:		Positive Self-Identity		Copyright © Paul Lynn 2024	
Ideal Future-Self (1-5)					
Spiritual Compass 					
Warrior Code (UFR) 					
Worst Future-Self					
Best Path on Worst Day					

Best Path on Your Worst Day

This is the reason for *Resilience Unlimited: How to Always Find Your Best Path*. All of us are going to have a worst day, most likely more than one. We are all going to experience the five IDEAS, the three INFs, and physical and psychological entropy.

- What are you going to do on your worst day?
This is your plan.
- Who can you trust with your life on your worst day?
- Write the names of people who can help you or best friends and mentor here.
They could also be in your Best Friends category in your Belonging.
- Now communicate with them that when you are having your worst day, you are going to reach out to them.

Best Friends
1.
2.
3.
M.P.
M.

Date:	Positive Self-Identity	Copyright © Paul Lynn 2024
Ideal Future-Self (1-5)		
Spiritual Compass  Warrior Code (UFR) 		
Worst Future-Self		
Best Path on Worst Day		

SHORT-TERM (SMART) GOALS (Specific, Measurable, Attainable, Relevant, and Time Based)

1.	
2.	
3.	
4.	
5.	
6.	
7.	

In order to achieve your Positive Self-Identity and Ideal Future-Self, it's important to have short-term goals that will help you arrive to your long-term (1 to 5) year goals. On the flip side of your Pathfinder Resilience Tool—Meaning Map is an area where you write down your S.M.A.R.T. goals that are tied to your Ideal Future-Self.

Date:	Positive Self-Identity	Copyright © Paul Lynn 2024
Ideal Future-Self (1-5)		
Spiritual Compass ▲ Warrior Code (UFR) ▼		
Worst Future-Self		
Best Path on Worst Day		

Values-Driven Routines: Fueling the Machine

- Now that you have written out our Purpose in life, you have built out your Belonging network, clarified your Spiritual Intelligence with a values-driven identity, and your Positive Self-Identity, it is time to write out your Values-Driven Routines to fuel the other parts of your life, to help you reach your goals, build your conditions, and find unlimited resilience.
- Notice the boxes with indicating letters: *D*, *W*, *M*, and *S*. This means routines done daily, weekly, monthly, or seasonally. Check the box that will keep yourself aligned with your ideal future self and horizon of hope.
- Prioritize your Values-Driven Routines in the scope of importance. These can change as life changes.

Values-Driven Routines	D	W	M	S
1.				
2.				
3.				
4.				
5.				
6.				
7.				



BEYOND THE REARVIEW MIRROR EXERCISE

Enhancing a Positive Self-Identity

1. Who was I **BEFORE** this event? What positive qualities am I missing today?
2. Who was I **DURING** this event. What was happening to me? How was I reacting positively and negatively?
3. Who am I **NOW**? How have I changed? How did I respond both positively or negatively?
4. How does God see me through this?
5. Who do I want to be **IN THE FUTURE**? Take the best of the **BEFORE**, **DURING**, and **NOW**. Make a resolution to leave the worst in the past and take the best to your future.

We are all toggling through our roles based on our various life settings: family, work, worship communities, friendships, gym, hobbies, and so forth. Sometimes in those situations, we are subconsciously triggered by another's behaviors toward or around us. We emotionally unravel, and it's hard to pull it back together. Our identity is affected by brokenness (injustice) from our past, and we might be suffering in the present.

This is not therapy, but here is a spiritual exercise to enhance your PSI. It's an opportunity to spiritually process with God-Higher Power, something (unforgiveness – moral injury) from your past. If you are struggling with an NSI, such as "I'm not good enough," or "I'm unlovable," or "I'm stupid," or "I'm a failure," or "I'm worthless," this is something that you can take to prayer and use with a journal to integrate into a more resilient PSI. You can face it, trace it, and replace it. Seek out a good therapist if you need one.

Rearview Mirror Worksheet

1. Who was I BEFORE this event? What positive qualities am I missing today?

2. Who was I DURING this event. What was happening to me? How was I reacting positively and negatively?

3. Who am I NOW? How have I changed? How did I respond both positively or negatively?

4. How does my understanding of God/Higher Power/Other see me through this?

5. Who do I want to be IN THE FUTURE? Take the best of the BEFORE, DURING, and NOW. Make a resolution to leave the worst in the past and take the best to your future.

Horizon of Hope: Your Future

The Most Important Question in Life: Who am I?*



In Suzanne Collins's book series and adapted movies, *The Hunger Games*, President Snow is quoted as saying, "Hope. It is the only thing stronger than fear. A little hope is effective. A lot of hope is dangerous." The deepened, developed, diversified conditions (purpose, belonging, values-driven routines) with an adaptive Spiritual Intelligence can help you have a dangerous amount of hope—unstoppable, resilient hope. How do we arrive at this?

Charles Taylor's introduction to *A Secular Age*. He writes about what this can look like.

Our highest aspirations and our life energies are somehow lined up, reinforcing each other, instead of producing psychic gridlock. This is the kind of experience which Schiller tried to understand with his notion of "play."

Horizon of Hope: Your Future (Continued)

These experiences, and others again which can't be all enumerated here, help us to situate a place of fullness, to which we orient ourselves morally or spiritually. They can orient us because they offer some sense of what they are of: the presence of God, or the voice of nature, or the force which flows through everything or the alignment in us of desire and the drive to form.^[1]

The horizon of hope is the result of all the six other Meaning Making Markers harmonizing together. This seventh marker is the final output. We need hopeful lives. Hope keeps us resilient.

A Spiritual Intelligence that has a hope in a Higher Power has this additional resource inside.

If our conditions are in tune through Spiritual Intelligence, then meaning in life is present in us. If we have meaning in life, we feel a positive self-identity. When we have a PSI, we are hopeful about our future. As Taylor says, our life energies are somehow lined up, and we are without psychic gridlock. Life is like play. We're not experiencing too much entropy. This is incredibly idealistic, but somehow, we can't stop searching for this.

^[1] Charles Taylor, *A Secular Age* (Cambridge, MA: Belknap Press of Harvard University, 2007), 6.

Authenticity for Everyday Resiliency

HORIZON OF HOPE

DAILY AZIMUTH CHECK

- ◆ PHYSICAL, SPIRITUAL, EMOTIONAL OBSTACLES?
- ◆ WHAT IS THE DISTANCE TO MY PSI?
- ◆ WHAT P/S/E RESOURCES DO I NEED?

Horizon of Hope— Azimuth Check for Authenticity

1. Obstacles to Positive Self-Identity?
2. Distance to Positive Self-Identity?
3. Peaceful horizon?
4. Activate Spiritual Compass
5. Activate other resources and short-term plan?

Ask, “How do I see myself in the future?”



Take out your PRT Meaning Map. When you look at the top, you see Horizon of Hope and Daily Azimuth Check. What is an Azimuth? It is the directional line one uses to navigate toward a point.

- Ask yourself, “Am I going in the direction that I desire? Or am I being sidetracked by the enemies of my worst future self?” This is a check-in with yourself!
- As a pathfinder in a changing world, while looking at the horizon and your map, are there any physical, emotional, or spiritual obstacles preventing you from achieving your ideal future-self?

Authenticity for Everyday Resiliency

HORIZON OF HOPE

DAILY AZIMUTH CHECK

- ◆ **PHYSICAL, SPIRITUAL, EMOTIONAL OBSTACLES?**
- ◆ **WHAT IS THE DISTANCE TO MY PSI?**
- ◆ **WHAT P/S/E RESOURCES DO I NEED?**

➤ What impacts from the five ENFs (IDEAS) or three INFs are hindering you from achieving your goals?

If you don't keep your eyes on the horizon and your PRT Meaning Map, you're likely to fall into mission drift. Because your life is always in draft, it's important to continuously coordinate with the ideal future self on your horizon of hope.

Here's an important definition of authenticity from neuropsychologist Theo Tsousides, Ph.D., "Authenticity is acting according to one's true self and behaving congruently with values, beliefs, motives, and personality disposition."

Are you living up to your authentic self?

Professor Adam Grant, PhD, University of Pennsylvania Business School said, "How you define success is a source of happiness you can control. 105 studies, 70K people globally: valuing extrinsic goals predicts lower well-being. Fame, wealth, and beauty are bottomless pits. Pursuing growth, kindness, trust, and health is a path to flourishing."

Resilience Unlimited

Pathfinder Resilience Group Pledge

- I. I pledge to join a Pathfinder Resiliency Group to build Individual, Conditions-Based, and Unified-Focused Resiliency in my life and the life of other Pathfinders.
- II. I will meet several times a month as dates and times are determined by the group.
- III. I will support other members to reach their Ideal Future-Self through a defined Highest Good.
- IV. I will respect the values of each member. I recognize everyone has different values than me.
- V. If I am unable to do this, then I will respectfully remove myself.
- VI. I will listen to others as well as process the values and virtues of other members to live out a Horizon of Hope.
- VII. I pledge to have each member's back, especially to help them find their best path on their worst day.

Pathfinder Resilience Group Structure

- 45 – 60 Minutes (Respect Time)
- 3 – 8 Pathfinders
- Led by a Small Group Facilitator
 - Welcome by the Pathfinder Facilitator
 - Pathfinder Facilitator reminds the PRG about the Pledge of Respect
 - Keeps the PRG time on target
 - Use process below; encourages participation (in first person) and cautions oversharing
 - Take turns with a 3-5 minute update: 1) How one sees self in present situation. 2) How one sees Ideal Future-Self, looking into a Horizon of Hope, 3) How one is applying Warrior Code (Spiritual Compass) to conditions (Purpose, Belonging, Values-Driven Routines), 4) Where one needs to improve the conditions and apply Code - Compass to Ideal Future-Self 5) How can your spiritual identity influence your role and psychological identities?
 - What surprised you this week?
 - What is working? Do more of this.
 - What do you want to stop doing that isn't working?
- After everyone checks-in: group feedback from each other for improvement. Each Pathfinder solidifies solutions by integrating short-term and long-term plan as appropriate.
- Closing (next date and time); optional moment of silence (or prayer).

Suicide Prevention Training

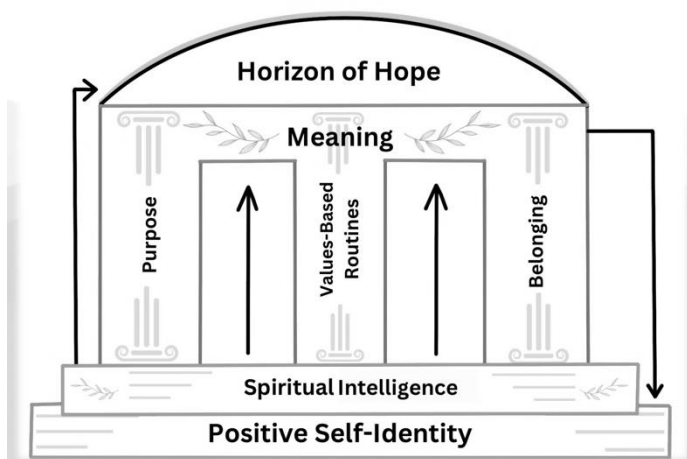


The Seven Meaning-Making Marker model is a true resiliency training model in the preventive sense. We need to get far left of the boom. It's easy to train using the 7Ms on the next pages in about an hour.

The Resilience Unlimited—Pathfinder Resiliency Tool can educationally equip you with the knowledge that it's normal to have suicidal ideations if you are experiencing catastrophic meaning loss. It might be normal, but it's not healthy. Again, it's not healthy, but in clustered meaning loss it will seem normal to have a negative self-identity and possible suicidal ideations. Catastrophic meaning loss with the clustering of the categories from the five IDEAS is absolutely devastating. It can disintegrate our identities.

If it's normal during a time of catastrophic loss, it's also possible to backwards engineer robust meaning so people can have unlimited resilience.

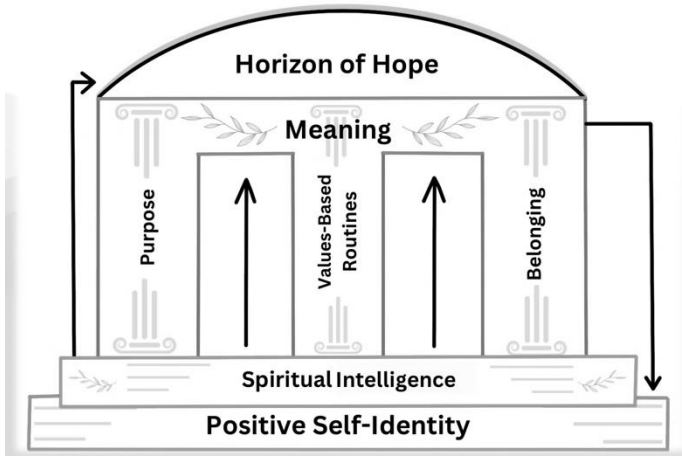
Suicide Prevention



Gatekeeper training is critically necessary, but building the ark before the inevitable flood is too. We need this preventive, integrated, conditions-based, unified-focused resiliency handheld tool. Our world needs to know that resilience is not just about mental health. It includes values-driven spiritual health. It's using one's Spiritual Intelligence that is adaptive, develops values, vision, and capacity for meaning.

Resilience Unlimited, as a preventative mechanism, trains the client to build resilient conditions, live a unified-focused life, and quickly closes the role and psychological gaps created by the five IDEAS. Resilience Unlimited helps you answer the question asked of us every day, "Who am I?" It brings your spiritual identity and spiritual intelligence into critical focus and align the role and psychological identity in its proper place.

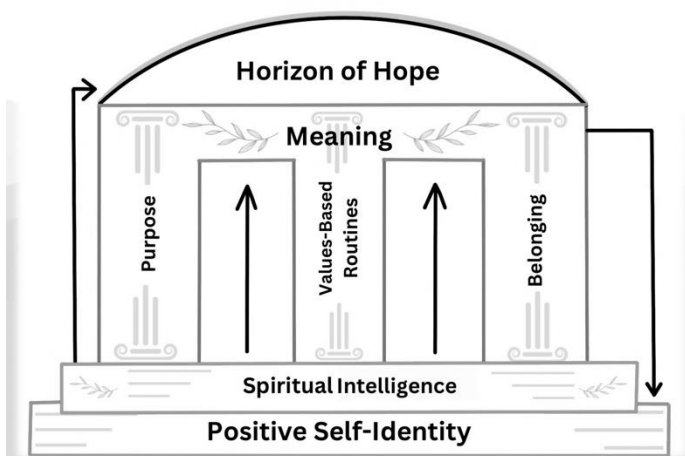
Suicide Prevention by Awareness



What does a disintegrated identity look like?

- When one's Purpose-in-Life no longer exists or threatened
- When one's significant Belonging-in-Life no longer exists or threatened
- When Roles (both Purpose and Belonging) no longer exists or threatened
- When one's Values-Driven Routines no longer exist or threatened
- When one's Spiritual Intelligence is ill-equipped for catastrophic meaning loss or moral injury
- Then, one's Psychological Identity begins to disintegrate

Suicide Prevention Training using Individual, Conditions-Driven, and Unified-Focus to find your best path via your RU-PRT-Meaning Map



What does resilient person look like?

- When one's Purpose-in-Life has a defined target, and finds resources to continually grow
- When one's significant Belonging-in-Life is deepened and diversified
- When Roles (both Purpose and Belonging) feel secure, confident, and hopeful
- When one's Values- Driven Routines are set to fuel your conditions and unified-focus in life
- When one's Spiritual Intelligence is adapting to create robust meaning, values, strong identities, and vision in life
- Then one is able have have a positive self-identity that includes a unified-focus, and a horizon of hope

Gatekeeper Suicide Prevention Training for Comprehensive Unlimited Resilience

THE C-10 PROTOCOL

Meaning-Centered Crisis Response Flow

PHASE 4 — RETURN TO MEANING

C-10 Culmination — Long-Term Support & Identity Restoration
Purpose • Belonging • Routines • Spiritual Intelligence

PHASE 3 — SAFETY & PROTECTION

C-9 Connection — Warm Handoff
C-8 Collaborative — Take Next Steps Together
C-7 Conditions — Plan • Means • Supports

PHASE 2 — INTERVENTION BRIDGE

C-6 Communication — Reflect & Validate
C-5 Courage & Vulnerability — Create Attachment Safety
C-4 Care — Meaning Reconnection + Empathy

PHASE 1 — CRISIS ASCENT

C-3 Commitment — Safety Scale (1-10)
C-2 Core Beliefs — Listen for Identity Collapse
C-1 Concern — Identify Meaning Breakdown

Coaching the 10 C-Steps to Suicide Prevention

Gate-Keeper Training

10. Culmination: The end-state is professional and other belonging resources supporting the person to re-grow new values-driven conditions and adaptive identity.

9. Connection: Trust is established by the lower processes so that you can connect the person to a professional resource. This is the hand-off to a safe person with a plan. Stay with the person until the hand-off is complete.

8. Collaborative: Provide supportive words and actions to find the best path, take the next step, and connect to hopeful resources. Example: “If you let me help you, we can get through this together.” “If you will let me, we can work together to find a solution?” “Will you allow me to remove the means to suicide from you?”

7. Conditions: a) Explore the resources (physical, emotional, and spiritual) available to enable the person to attach their identity to someone who can professionally provide hope. b) Ask if there is a plan for suicide. c) If there is a plan, ask if there is a means to commit suicide.

6. Communication Skills: Reflect words and emotions back to person so that s/he knows you understand.

5. Courage & Vulnerability: How can you be vulnerable to model and enable courage to the person?

4. Care: What does the person care about and how can you provide empathy to the person?

3. Commitment: What is the commitment level [Scale 1-10; Three and below is danger zone] of person needing help? What would make it change from a 3 to 4?

2. Core Beliefs: What does the person believe about their self/soul? Listen for the Gap and the NSI.

1. Concern (Issue): What is the issue(s) in the person’s conditions (purpose, belonging, routines) or spiritual identity?

THE C-10 PROTOCOL

A Meaning-Centered Crisis and Suicide- Prevention Method

For Soldiers in Peer-to-Peer Intervention

C-1: CONCERN — Recognize the Emotional GAP + Identify the Meaning Breakdown.

Trainer Script: “Before you assess anything, recognize what is happening inside the Soldier.

A Soldier in crisis is experiencing a painful GAP between **who they are right now** and **the Ideal Future Self they believed they were becoming**.

When that Ideal Future Self feels unreachable — because of UCMJ, DUI, Domestic Violence accusations (true or false), relationship collapse, injury, being on profile, or fear of separation — the Soldier becomes emotionally flooded. The emotional GAP produces early crisis signals: anxiety, Depression, panic, shame, numbness, withdrawal, emotional shutdown, fear about the future

C-1 begins when you recognize this emotional GAP.

Once you see this collapse, identify which part of their meaning system is breaking.”

Identify the Meaning Breakdown (Four Meaning Domains)

1. PURPOSE Collapse (Soldier identity / career / future) Triggered by UCMJ, DUI, DV accusations, false allegations, command distrust, flagging, pending separation, MOS loss, injury, fear of losing GI Bill, TRICARE, VA, retirement.

Statements:

“My career is over.”

“I’m not a real Soldier anymore.”

“If I lose the Army, I lose everything.”

“My whole future just died.”

2. BELONGING Collapse (spouse, family, unit, community). Triggered by relationship dissolution, custody issues, DV allegations, loss of trust, humiliation, unit isolation.

Statements:

“No one cares about me.”

“My kids won’t have me.”

“Nobody believes me.”

“I’m completely alone.”

3. VALUES-DRIVEN ROUTINES Collapse (discipline, PT, structure). Triggered by injury, chronic pain, being on profile, depression, loss of readiness, sleep collapse.

Statements:

“I can’t do anything right.”

“I’m falling apart.”

“I’m useless now.”

4. SPIRITUAL INTELLIGENCE Collapse (soul, identity, conscience), Spiritual Intelligence = the Soldier’s ability to create **adaptive meaning, values, and a vision for life.**

Triggered by:

- **Trauma:** Disrupts identity integration and inner meaning.
- **Moral Injury:** Violations of conscience or deeply held values.
- **Guilt & Shame:** Collapse self-worth and belonging.
- **Inner Fragmentation:** “I don’t know who I am anymore.”
- **Loss of Inner Grounding:** Loss of spiritual orientation, direction, or hope.

Statements:

“Something in me is damaged.”

“I’m not the same person anymore.”

“I can’t come back from this.”

“God can’t help me now.”

Key Insight:

Meaning breakdown → identity breakdown → hopelessness → suicide risk.

C-2: CORE BELIEFS — Listen for Identity

Collapse. “These statements reveal depth and danger.”

Purpose collapse:

“I’m nothing without the Army.”

“I’ve ruined my life.”

Belonging collapse:

“Everyone would be better without me.”

“I have no one.”

Routine collapse:

“I can’t function.”

“I’m broken.”

Spiritual collapse:

“My soul is damaged.”

“I’m not redeemable.”

Future collapse (MOST dangerous):

“No retirement means no future.”

“Without VA or GI Bill, I’m done.”

“I can’t picture life outside the Army.”

Identity collapse is the engine of suicidal despair.

C-3: COMMITMENT — Assess Risk Level.

Ask: “On a scale of 1 to 10, how committed are you to staying safe today?”

1–3: DANGER ZONE

Meaning collapsed. Identity collapsed. Future

collapsed. **Solution-Focused Micro-Intervention:**

“If there were even one small thing that could help you move from a 3 to a 4, what would that be?”

Restores: agency, movement, meaning, possibility.

4–6: ENGAGEMENT ZONE

Hurting but reachable. **Solution-Focused Question:**

“What would help you feel even one point safer — from a 4 to a 5, or a 5 to a 6?”

Reinforces: agency, hope, collaboration.

7–10: STABILITY ZONE

Grounded, stable, not suicidal.

C-4: CARE — Reconnect to Meaning + Demonstrate Empathy.

C-4A — Help Them Rediscover What They Care About. Ask:

- “Who still matters to you?”
- “What gives you even a small sense of meaning?”
- “Who would want to know you’re safe tonight?”

Restores: **purpose · belonging · routines · spiritual intelligence**

C-4B — Demonstrate Empathy Yourself. Say:

- “I’m here with you.”
 - “You matter.”
 - “You’re not facing this alone.”
 - “It makes sense you’re overwhelmed.”
- Empathy reduces shame and builds trust.

C-5: COURAGE & VULNERABILITY — Create Attachment Safety in Crisis.

“Your humanity becomes medicine. Vulnerability communicates:

You are not alone. You are not too much. Your pain doesn’t scare me away.”

What it sounds like:

- “I’m here with you in this moment.”
- “This doesn’t push me away.”
- “You don’t have to face this alone.”
- “This pain doesn’t make you weak — it makes you human.”
- “We can face this together.”
- “It’s OK to need someone right now.”

What it is NOT:

-  making it about you
-  dumping your story
-  preaching
-  fixing
-  oversharing

Why it works:

Attachment safety reawakens:

- belonging
- purpose
- spiritual intelligence
- the possibility of a future

This is the turning point where shame loses power.

C-6: COMMUNICATION SKILLS — Reflect and Validate (Expanded).

Reflection = “I hear you.”

Validation = “You make sense.”

Together = **“You’re not alone, and your emotions don’t disqualify you.”**

A. REFLECT — Say Back What You Hear.

Examples:

- “Let me make sure I’m hearing you...”
- “What I’m hearing is that this has been overwhelming.”
- “It sounds like you’ve been carrying this alone for a long time.”
- “What I hear you saying is that you feel stuck and don’t see a way forward.”
- “So right now it feels like everything is hitting you at once — is that right?”
- “It sounds like you’re trying your best, but you feel like you’re running out of steam.”

B. VALIDATE — Acknowledge Their Emotion.

Examples:

- “That makes sense.”
- “You’re carrying a lot.”
- “Anyone going through what you’re going through would feel overwhelmed.”
- “It makes sense you’d be exhausted — this is a lot.”
- “Given everything you’ve been dealing with, your emotions are understandable.”

C-7: CONDITIONS — Assess Plan, Means, and

Support. Ask:

1. “Do you have a plan to harm yourself?”
2. “Do you have access to the means?”
3. “Who is available to help you right now?”

Determines immediacy and severity.

C-8: COLLABORATIVE — Work Together Toward

Safety. Say:

- “We can get through this together.”
- “Let me help you take the next step.”
- “Would you allow me to remove the means?”

Restores agency.

C-9: CONNECTION — Complete the Warm Handoff.

“A handoff is not done until the Soldier is **physically** with a safe, responsible professional.”

Options:

- Behavioral Health
- Chaplain
- Medic
- Leader
- Safe spouse/partner

Connection restores belonging.

C-10: CULMINATION — Establish Long-Term

Support. “Crisis is the collapse of meaning.

Recovery is the rebuilding of identity.”

Support them as they rebuild:

- **purpose**
- **belonging**
- **values-driven routines**
- **spiritual intelligence**

This is where hope and a future return.



Resilience Resources and CONTACT INFORMATION

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Fill out a downloadable PDF copy of the
Pathfinder Resilience Tool—Meaning Map at

<https://missionresilientmedia.com/prt>

