

BEYOND RESILIENCE ➤ THRIVE!



Navigating the Path of Post-Traumatic Growth (PTG)

Navigating the Path of Post-Traumatic Growth

Welcome to this overview of post-traumatic growth, or PTG, as it is being applied here in Ukraine at war. Today, we'll explore how anyone can use this roadmap to navigate their darkest times, as well as manage everyday stress. When applied consistently, these principles foster long-term resilience, a growing maturity, an unshakeable foundation in life no matter what challenges come our way.

Although the idea is ancient, the term PTG was coined by two psychologists in the 1990s studying the concept of wisdom. They discovered that the way people view and react to trauma, can turn trauma into a positive force for growth in five domains of life with the potential for a wide array of possible, positive outcomes. Over the last three decades, this framework has evolved into an exceptionally effective, scientifically validated approach for addressing many severe trauma outcomes including PTSD, Post Traumatic Stress Disorder, especially in military veterans and first responders.

As a retired American emergency manager and volunteer, with over 10,000 hours of disaster field work helping people navigate through great personal tragedies prior to these years in Ukraine, I'd witnessed many examples of post-traumatic growth among survivors. However, until last year, I'd never heard of PTG as a scientifically based approach to help us all deal with stresses and traumas in life.

First a few definitions.

What is Post-Traumatic Growth?

PTG is defined as the positive changes that people often describe emerging from the struggle to overcome negative impacts following traumatic events in their lives. It's a process that helps us build a highly adaptable, but carefully designed framework for giving ourselves a more objective—even sympathetic—understanding of our walk through challenging times. PTG also helps us develop tools and patterns of living to “struggle well”, a term we'll learn more about later. More than this, PTG can result in a number of positive outcomes, making us stronger and wiser *because of* the trauma, not in spite of it.

Trauma is something that changes how we, as people, understand ourselves, the world around us, and our lives going forward. It's a challenge to what we've always thought our reality should be: who we are and what direction our path in life will follow. This may involve a very intense, very real, internal struggle. So, “the struggle” that PTG centers on is discovering how we can reconstruct our life system so that we have some way of operating in this new world order. A way that makes sense to us. An answer to the questions:

“How do I go on with life?”

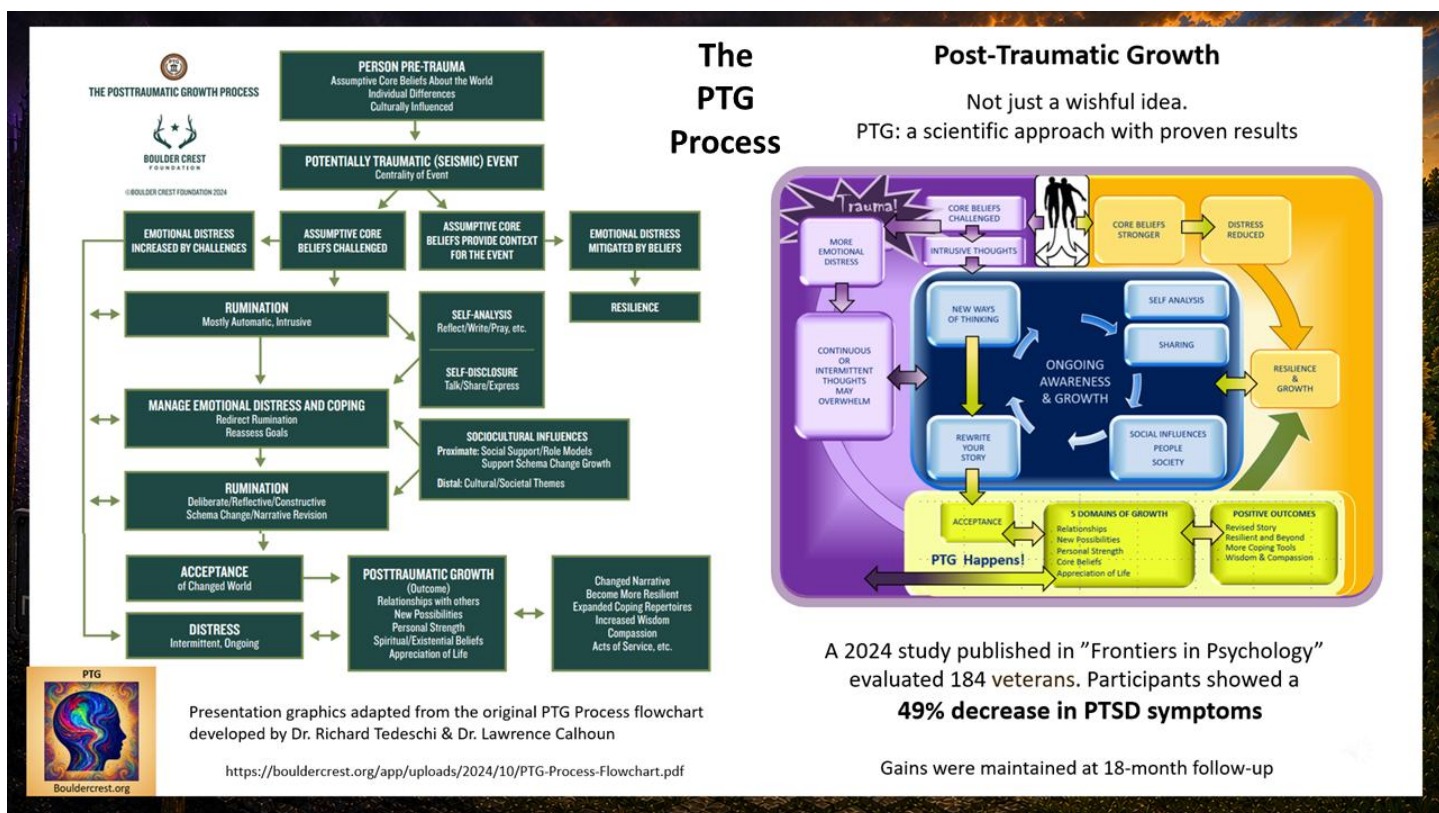
“What do I believe now?”

Since 2022, I’ve been living and working *pro bono* in Ukraine. The more I struggle with the concept of *Post-Traumatic Stress*, the more I realize that here, in the midst of a brutal war, there is a unique distinction. There is no “post” in this ongoing trauma. Nonetheless, these principles apply, and hold much power for enduring—even thriving—in this time of war. The vast majority of people in Ukraine deal constantly with a level of extreme stress—punctuated by new, random seismic events—endured for years. Those of us living here truly need to find the path of positive growth through it all.

Questions:

Thinking back to a distinct, traumatic event in your life,

- What assumptions about your world, your fundamental beliefs, changed— if any?
- What beliefs remained intact through it all?
- Were there changes in your everyday life, your sense of direction or purpose? If so, were these changes permanent? Did they make you a better, stronger person?



The PTG Process

Why do some individuals manage to endure and adapt in times of profound trauma better than other people? In the 1990s, two psychologists, Dr. Richard Tedeschi and Dr. Lawrence Calhoun, launched their research into wisdom and, in the process, discovered answers to this vital question. They found that survivors of trauma could actually improve on multiple levels, not just in spite of the trauma, but because of it. Their scientifically grounded work reinforces a longstanding belief:

Times of intense struggle and pain can become a catalyst for deep wisdom, maturity, and personal growth.

They coined the term post-traumatic growth to describe a highly adaptable, structured path for transforming traumatic experiences into profound psychological development. In this image, the flowchart on the left is the official model that they developed, showing how we can process trauma internally to achieve maximum benefit. They mapped out commonalities that anyone can apply as well.

Let's ground this in reality: In 2025, here in my adopted hometown of Bucha, Ukraine, I was helping a small international platoon prepare for their first deployment. Within the first month, they faced a devastating tragedy: the death of their platoon leader, the only member with prior combat experience. Each of the remaining soldiers suffered from their own traumas: seriously wounded, either physically or mentally, with loved ones back in their home country, unable to be here and offer support, each greatly impacted as well. In several capacities, I was able to offer support to the remaining soldiers—in person near Sloviansk, a hospital in Dnipro and through many, many translated chats in a third language on multiple phone apps—including reaching out to their loved ones half way across the planet. While experiencing a level of trauma myself, I was able to fill in a gap, to come alongside these different individuals, helping them in ways no one else was able to do.

But I quickly realized that, despite considerable training in psychological first aid and crisis intervention, I needed to look beyond my 20 years in disaster response. That was when I discovered Post-Traumatic Growth. I immediately went through the qualification training, learning and applying every principle I could to help stabilize each situation. These

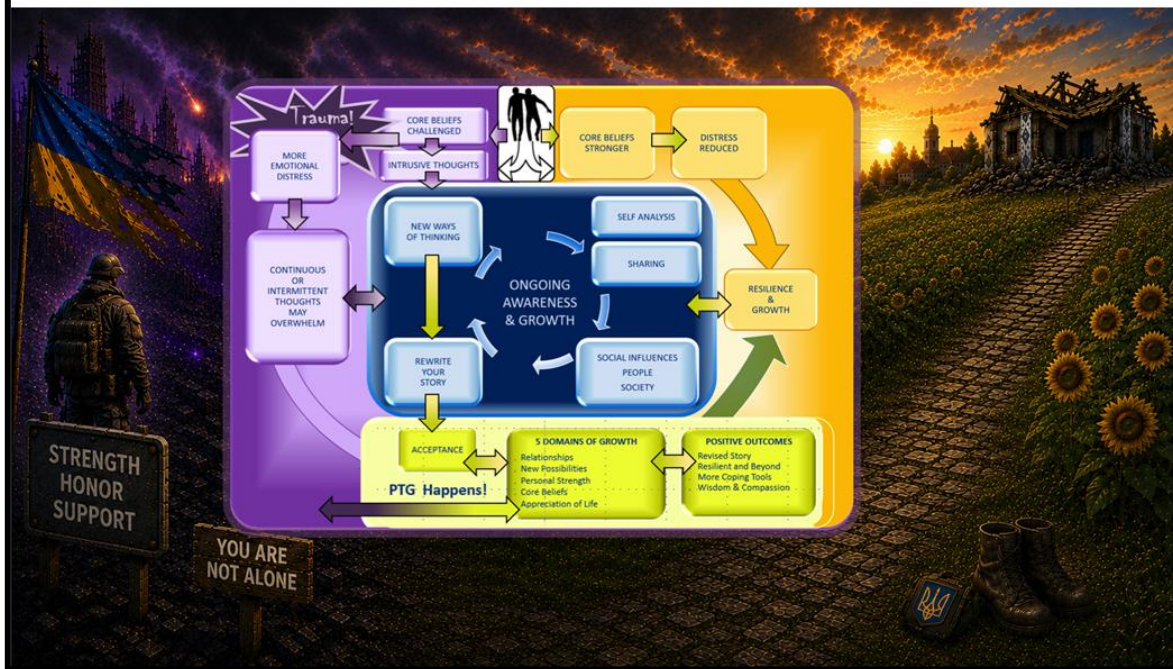
principles were vital for me, in the critical months that followed, as I found new ways to connect with those young men who had become like sons to me.

I became convinced that this post-traumatic growth methodology can be a profound catalyst to positive development for our veteran community that I work with as well, and indeed for anyone here in Ukraine navigating the relentless traumas of this ongoing war.

In 2024 a study published in “Frontiers in Psychology” evaluated 184 American military veterans who participated in a PTG program through the Boulder Crest Foundation, home of PTG. Researchers tracked their progress over an 18-month period and found a 49% decrease in PTSD symptoms among the participants. Nearly half of the veterans experienced a significant, lasting reduction in distress symptoms.

Now, I have a confession to make. Despite spending decades in IT as a computer programmer and database manager, I personally struggled to navigate this flowchart. For me, processing complex concepts works much better when I see a highly visual color representation. It serves as a memory and visualization anchor. So, if you don’t mind, I’ll be presenting PTG concepts from this color-coded variation to guide our journey along the path of Post-Traumatic Growth.

PTG: BEYOND RESILIENCE



The Master Map:

PTG is not a standalone technique; it is an overarching framework for the trauma journey

Beyond Baseline:

Moving past traditional symptom reduction to unlock unexpected personal transformation

Bounce Forward:

Shifting the target from merely "recovering" to completely rewriting your life narrative

Integrate Skills:

A structured arena where your existing clinical tools find their ultimate purpose

PTG: Beyond Resilience

A few basic guidelines first. Please understand that PTG is not a standalone technique. Instead, it serves as an overarching framework. It creates a structured arena where the skills we already possess can find the best times and situations for application.

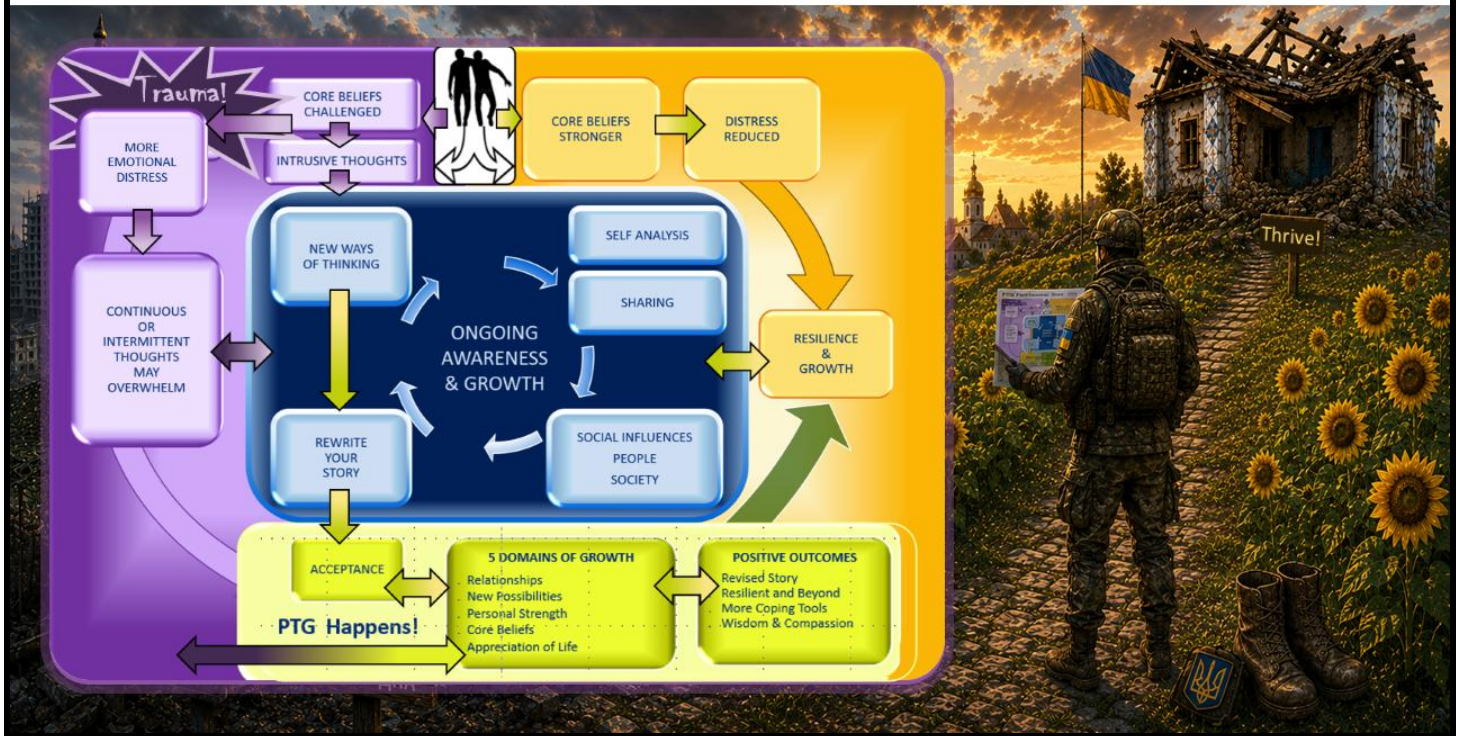
Our objective is to move beyond diagnosis and symptom management to, instead, unlock the unexpected personal transformation that occurs when we intentionally train our minds to follow this process. As I mentioned, we want to go far beyond mere resilience. Resilience is the ability to bounce back, to return to our baseline state after a period of intense stress. However, given the reality of the ongoing war against Ukraine, a simple return to baseline leaves us vulnerable to being dislodged by the next crisis. In fact, before this war, Ukraine was deeply engaged in redefining itself, establishing a new baseline for itself as a nation!

We do not want to simply bounce back. We want to bounce forward. Moving forward means shifting our target from simple recovery to writing a new chapter in our life story, built directly on wisdom gained through our struggles. The PTG process does not replace the excellent clinical tools and personal coping skills we currently use. Rather, it gives us a reliable structure to guide us in the most effective, timely use of the most appropriate tools in our toolbox.

Questions:

- What does bouncing forward mean to you in the context of your own personal journey?
- How can a new life chapter look different than simply returning to your past baseline?

A Guided Tour Along the Path to PostTraumatic Growth



A Guided Tour Along the Path to Post-Traumatic Growth

As I studied this framework, I realized it functions beautifully as an interactive map, almost like a gameboard. Let's start at the very top of our map. The journey begins in the PURPLE "distress" ZONE, where profound trauma, often referred to as a seismic event, has impacted us.

Center top, we see the white **Start** square featuring a pair of companions. There's a specific reason I've illustrated two people here, which we'll discuss shortly. Here, right at the beginning, we are confronted by the most critical choice we will make moving forward. Our core beliefs, comprising the foundation we've gradually built over a lifetime, take center stage.

Let's take a look first at the path option that leads directly into this **GOLD ZONE**.

If our **CORE BELIEFS** are **STRONGER**, sufficient to embrace this trauma, **STRESS is REDUCED**. We might immediately, or shortly afterward, return to a safer pre-trauma state. This path is wonderfully reaffirming and can help build our **RESILIENCE and GROWTH** moving forward.

But now, look at the other path, let's say our **CORE BELIEFS** have been **CHALLENGED**. That this trauma, has really disrupted those beliefs that have been the guiding force in our life. We're shaken to the core, literally.

This causes

INTRUSIVE THOUGHTS:

"Why did this happen?"

"How do I recover from this?"

"This diagnosis is a death sentence!"

"Why me?"

Gold Zone

- Core beliefs capable of embracing trauma
- Distress is minimized
- Core beliefs reinforced → Beyond resilience to growth, thriving!

Purple Zone

- Our Core beliefs are challenged
- The challenges cause more emotional distress
- Intrusive, uncontrollable thoughts may overwhelm

To begin, we probably have little control over these thoughts. They'll just keep hammering at us and may hinder our ability to do even simple daily activities. If severe enough, it'll cause more and **MORE EMOTIONAL DISTRESS**. We might find ourselves caught in this loop, a continuous or intermittent stream of thoughts, that may overwhelm our ability to handle day-to-day life.

Let's take a look at the **BLUE** central processing area, the Brain-at-Work **ZONE**, to see how we can seek out the most effective ways for each of us to uniquely deal with those intrusive thoughts. There is an approach, a framework, that we can plug our favorite stress-busting techniques into. This is the heart of the PTG process for building our resilience, maturity, and growth moving forward. Think of it like an electron hit by a sudden, massive burst of energy. That violent impact forces it completely out of its old orbit, its comfort zone, hurtling it into a permanently higher level of operation. It's not just bouncing back; it's bouncing forward. I like to think of this section as our brain at work, directing our thoughts, emotions, actions, and spiritual insights along better, higher paths. Investigating the blue rectangles here in the middle, we realize they represent ongoing struggles in awareness and growth as we go through these various steps. This is where we'll concentrate most of our discussion.

Blue Zone

- Ongoing struggle to control thought processes via various tools
- Self-Analysis: reflect, write, pray ...
- Self-Disclosure: talk/share what we are going through ...
- Influences in our life: supporters, role models, our culture, society ...
- Coping Skills: redirect thoughts, reassess goals, priorities ...
- Construct New Story: intentional reflection, visioning ...

First, we start finding **NEW WAYS OF THINKING** so we can change the narrative, that is **REWRITE OUR STORY** as we enter this new chapter in life.

However, this can be hard to establish at the beginning, so the majority of our brain power may need to be directed to the blue process boxes on the right side. Here, we'll be doing **SELF-ANALYSIS** to break free from destructive thinking and figure out what we can do to start moving forward and processing what's happened. Self-analysis opens up possibilities for many tools and techniques that we know how to employ when stresses in life challenge us, even if they aren't as overwhelming as a great traumatic event.

It's not just about looking internally and trying to work through the process alone; **SHARING** with others is also very important. It helps to bring balance and perspective, to normalize the trauma, an important milestone, even if everything in us seems to resist. It might be necessary to proceed carefully, perhaps with professional guidance, but ideally, with peer support or expert companions, the best way to share the struggle.

We also need to consider **SOCIAL INFLUENCES**: the **PEOPLE** close to us and the effect they have on us, whether positive or negative. Additionally, we consider our **SOCIETY** in general, the culture we live in, and how these influence the values and beliefs we hold.

All or just some of these may be taken into account as we go through the process of recovery and growth.

Now, if we look at the lower left blue box, this is where we **REWRITE OUR STORY** and come up with a new narrative. Our life **is** a story. Many of us may have journals where we record meaningful moments in life, perhaps speculating about how these impact us moving forward. Journaling is just one of many such fundamental devices that can be applied.

We're seeing how this really serves as a roadmap for understanding the overall effect of a crisis on ourselves and how we can best deal with it. It shows where these different tools fit in to help us become better versions of ourselves.

Finally, let's take a look at the resulting growth in the **GREEN ZONE** where **PTG** post traumatic growth **HAPPENS!** We exit from our narrow perspective and rewrite the course of our lives with stronger ideas concerning who we are and where we're heading, how we can apply the lessons learned along the way, especially to help others.

We've reached a phase of **ACCEPTANCE** of the dark times we've gone through. We haven't shoved it off into a corner, but we're weaving these dark threads into the tapestry of our lives, making it richer, giving it more depth. And that is a good thing. We're growing more mature and gaining confidence that we can face future dark moments better for having walked this path.

At this point, we're evaluating how our lives may have experienced any combination of changes in the five **DOMAINS OF GROWTH**.

We'll be looking closer at:
OUR RELATIONSHIPS,
NEW POSSIBILITIES,
PERSONAL STRENGTH,
OUR CORE BELIEFS, and
APPRECIATION FOR LIFE

Green Zone

- Acceptance: New world order? It's okay.
- PTG! Good things are happening in the 5 domains.
- Many positive outcomes are possible.

This can lead to many kinds of **POSITIVE OUTCOMES**.

One of the outcomes can be a **REVISED STORY**. Life may be going in a totally different direction now, perhaps from the loss of an arm or leg, a close comrade; perhaps from memories of combat. Many results of trauma can have a great impact on how our life story moves forward.

But: our story does move forward.

We begin a new chapter. Where we go from this point forward is a blank page ready for new vision. Visioneering, looking forward, planning a new future, is the aim of this narrative. This is the essence of being **RESILIENT** and moving **BEYOND**, bouncing forward.

We've probably developed **MORE COPING TOOLS** or refined the tools that we use so that the next time, and there will be a next time, we're all under stress, great or small. we have this new tool set.

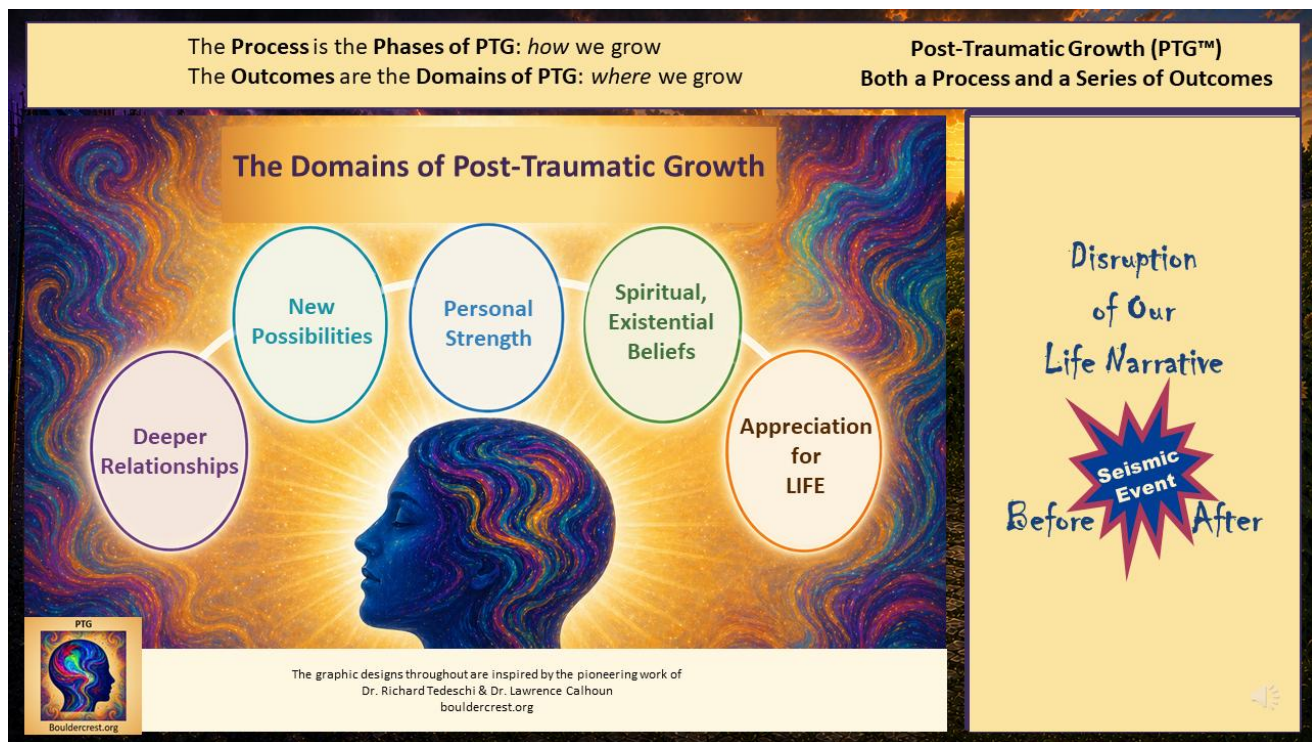
We're also likely to see growth in **WISDOM**. This is a trait that develops with maturity, especially in difficult times. It is our great hope that you will share with others much of the wisdom that you learn along the way, that there will be a heightened sense of **COMPASSION** for others and a willingness to engage in service yourself, perhaps as a PTG companion. For PTG is meant to be shared as peer-to-peer support especially for others that may be in similar situations to you. Build those networks and help others along the way.

Please note: Not all of these **DOMAINS OF GROWTH** or **POSSIBLE OUTCOMES** is likely to apply in a given situation, but these are encouraging signs that we should be watching for as we move forward.

Gold Zone

- Core beliefs capable of embracing trauma
- Distress is minimized
- Core beliefs reinforced → Beyond resilience to growth, thriving!

Finally, we enter the **GOLD ZONE** of **RESILIENCE & GROWTH**. We could have maintained our core beliefs from the onset, not needing the degree of struggle this long path may take. However, the need to struggle with stress throughout life exits. This is not an ending, but a zone of stability we want to maintain, with refinements and improvements, throughout life.



The Domains of Post-Traumatic Growth

We're beginning to see that Post-Traumatic Growth is two things simultaneously: It is a phase-by-phase process showing how we grow and, equally, it's a series of outcomes showing where we grow. The seismic event may completely disrupt our old way of life, creating a sort of no-man's-land between the person we were before and the person we are now choosing to become. We may find the disruption has suddenly given us a sort of freedom from old ways. Now we have permission, even a mandate, to seek out a fresh new way of life.

PTG categorizes the positive transformations reported by survivors into five domains of growth. A person experiencing PTG may see profound changes across all five areas, or perhaps just one. Some examples:

- **Deeper Relationships:** Experiencing an increased capacity for intimacy, empathy, sensitivity or compassion for others.
- **New Possibilities:** Stepping forward with a clean slate to embrace a completely new life path, purpose, or vision for the future.
- **Personal Strength:** Discovering an inner reservoir of absolute fortitude, developing the mindset of: If I can survive and handle this, I can handle anything.
- **Spiritual and Existential Beliefs:** Re-engaging deeply with, or perhaps exploring for the first time, life's biggest questions, grappling with purpose, and building a stronger internal foundation.
- **Appreciation for Life:** Delighting in everyday moments, elevating the ordinary and seeing the world through entirely new eyes, especially after confronting our own mortality.

Ultimately, these domains represent possible paths forward. We may be heading in a radically different direction now. But we can move forward. This is a brand-new chapter, a clean slate, and looking forward is our primary aim. Through this, we develop an expanded set of coping tools, making us wiser, and hopefully more compassionate, ready to apply new-found strength and coping skills in service to others.

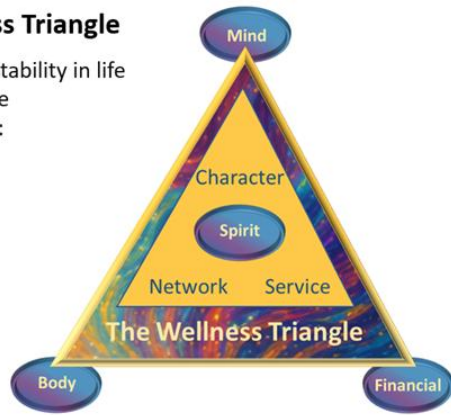
Questions:

- Which of these five domains speaks to you most clearly right now?
- Have you noticed unexpected changes or strengths opening up in any of these areas already?

The Wellness Triangle

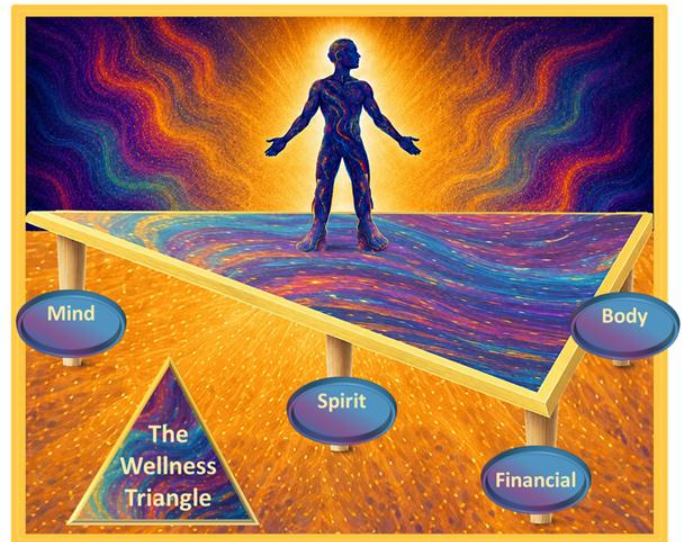
It's a model for stability in life
It's also a triangle
within a triangle:

- **Mind**
- **Body**
- **Financial**
- **Spiritual:**



The Inner Spiritual Triangle

- **Character** – Do we lead a good life of morality, integrity?
- **Network** – Do we have 3-5 good people in our lives? Are we healthy enough to be in someone else's 3-5
- **Service** – Do we have empathy, compassion to help others?



- When aligned, they create strength, clarity, confidence
- When one area is out of balance it can impact every area of life
- When we assess our own wellness, we build a stronger, more stable personal foundation for growth

The Wellness Triangle

This useful psychological framework, refined by the Boulder Crest team, is a slightly different perspective on the traditional Wellness Triangle. With four main elements, it's actually a triangle within a triangle. It functions like a gyroscope to help us maintain balance in life. Considered as a whole, these points or pillars form a solid, balanced foundation for recovery, stability, and growth.

The **Mind**: This is the operational core behind our struggle for growth. It provides the clarity and focus necessary to engage in self-analysis, evaluate our progress, and rewrite our narrative.

The **Body**: Here we concentrate on building and maintaining a healthy lifestyle so that our body is physically optimized to carry out the new life we envision, regardless of its current physical limitations or injuries.

The **Financial** Component: While rarely included in traditional wellness models, stabilizing our financial foundation is absolutely critical for reducing chronic, external life stress so our mind can focus fully on healing.

Now let's look at the **Inner Spiritual or Existential Triangle**.

The **Spirit**: This is the core of our being that gives our life direction, meaning, and purpose. On our visual chart, we see that the inner spiritual triangle itself is composed of 3 areas for development:

Character - Do we lead a good life of morality and integrity? Do we have a set of standards that defines who we are?

Network – Let's call this a three-to-five network. Do we have three to five good people who can speak into our lives? Be accountability partners? Or someone that can be an expert companion which we will discuss soon. Following that, are we healthy enough to be a support in someone else's three-to-five network?

Service - The Third Point of our inner spiritual triangle is service. Our newly gained or refined wisdom, maturity, what we've learned from our difficult circumstances: these are so valuable to share with other people. Do we have the compassion to help others, to guide them, to be that peer-to-peer support when they're going through tough times,

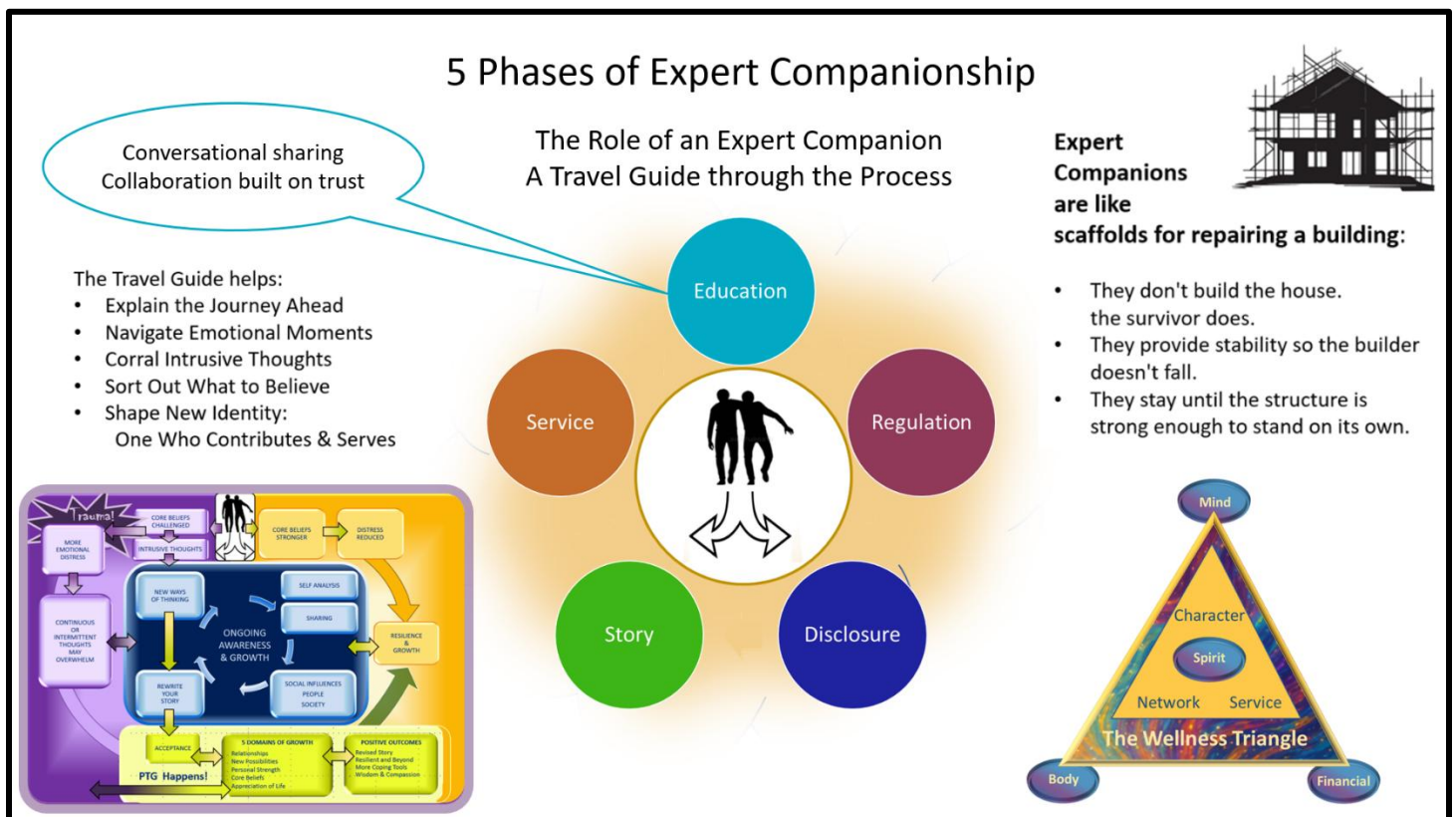
especially the kind that we are familiar with, have already struggled with, and developed coping tools that may be of use to others now?

- When aligned, they create strength, clarity, confidence.
- When one area is out of balance it can impact every area of life. Therefore, it's important to monitor our temperature in these different areas.
- When we assess our own wellness, we build a stronger, more stable personal foundation for growth.

PTG is not a one-time cure; it's a lifelong discipline empowering us to thrive in life's many struggles. Understanding the Wellness Triangle helps us to develop the habits needed to accomplish our goals.

Questions:

- Right now, how would you assess the health of your mind, your body, your finances?
- Looking at the spirit within, how is our character developing?
- Do we have a healthy network of confidants?
- On the other hand, are we becoming healthy enough so that we can be part of other's networks?
- Is our compassion for others strong? Have we found ways to help?



The Role of an Expert Companion

In Post-Traumatic Growth terminology, an Expert Companion is someone who intentionally walks alongside a person as they travel the path to clarity in times of trauma. Their expertise does not come from professional or clinical authority; rather, it comes from being a steady, helpful presence, one who is willing to listen, serve as a sounding board, and suggest paths forward without taking control.

An expert companion can be a battlefield buddy, a relative, a close friend, or a trusted professional as needed: a physician, a yoga instructor, a religious leader, or anyone with needed skills to add meaningful input to the struggle.

This is the essence of peer-to-peer guidance, a foundational element of Resilient Village Ukraine workshops: designed so any of us can apply this knowledge to our own situations, then confidently turn around and share it with others. Through this grassroots approach, we can strengthen a family, a tribe, a community, and ultimately, a nation.

As a travel guide through the recovery journey, the companion operates across five core phases: Education, Regulation, Disclosure, Story, and Service.

EDUCATION - engaging in trusted, conversational sharing to clarify the journey along the way so the survivor understands the PTG cycle.

REGULATION - helping to navigate emotional or disruptive moments when severe distress makes clear thinking impossible, mirroring back the experiences to find the best immediate coping strategies.

DISCLOSURE - assisting the survivor to corral overwhelming, intrusive thoughts and sorting out what to believe in a world filled with chaos and misinformation.

STORY and **SERVICE** helping to shape a new identity, tracking tangible progress, and emphasizing a future focused on contribution and service. Here, the companion might reinforce the importance of the Wellness Triangle, particularly now, but also throughout the journey to continually bolster that carefully balanced foundation.

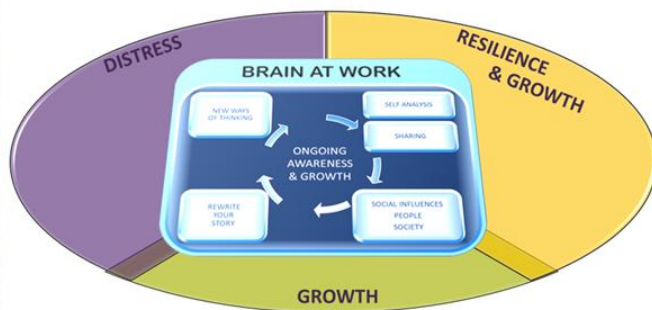
An expert companion is like a scaffold used for repairing a building. They do not build the house, the PTGer does that. The scaffold simply provides temporary stability so the builder does not fall. The companion stays right beside them until the repaired structure of their life is strong enough to stand on its own.

The Wellness Triangle stands as a shield for the Regulation wheel, emphasizing that regulation is dependent on its stability.

Questions:

- Who in your life has served as a steady scaffold or companion for you during tough times?
- How can you prepare yourself to act as a supportive expert companion for someone else in need?

Strategic Overview of PTG Process



Purple Zone

- Our core beliefs are challenged
- The challenges cause more emotional distress
- Intrusive, uncontrollable thoughts may overwhelm

Blue Zone

- Ongoing struggle to control thinking using various tools
- Self-Analysis: reflect, write, pray ...
- Self-Disclosure: talk/share what we are going through ...
- Influences in life: supporters, role models, culture, society ...
- Coping Skills: redirect thoughts, reassess goals, priorities ...
- Construct New Story: intentional reflection, visioning ...

Green Zone

- Acceptance: New world order? It's okay.
- PTG! Good things are happening in the 5 domains.
- Many positive outcomes are possible.

Gold Zone

- Core beliefs capable of embracing trauma
- Distress is minimized
- Core beliefs reinforced → Beyond resilience to growth, thriving!

Strategic Overview of the PTG Process

Let's take a bird's-eye view of the entire path and the four distinct regions we might typically travel through.

The Purple Zone represents the time of and immediate aftermath of trauma, where our core beliefs are tested, emotional distress peaks, and intrusive, uncontrollable thoughts may threaten to overwhelm us.

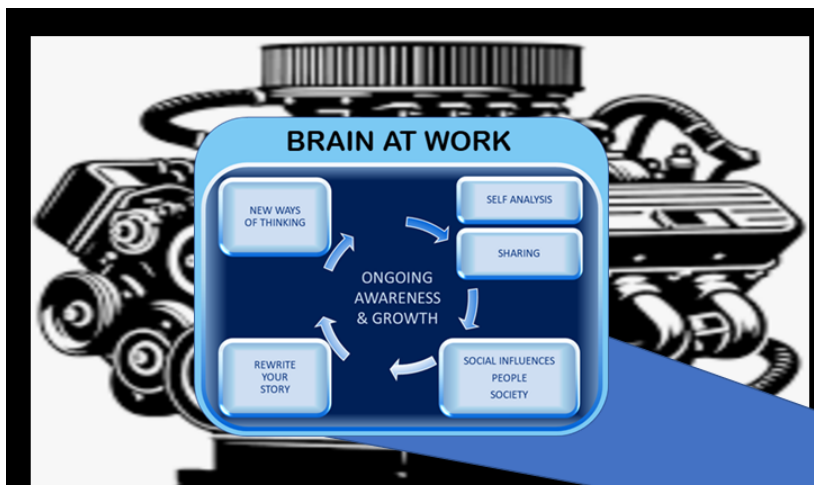
The Blue Zone is where our brain manages our recovery process. Here, we engage in the active struggle to harness our thinking using structural tools like reflective self-analysis and rewriting our narrative to accommodate the seismic event.

The Green Zone is the phase where PTG actively happens. We move into true acceptance of our changed reality, weaving these dark threads into the broader tapestry of our lives, tracking our growth across the five domains, and exploring possible positive outcomes.

The Gold Zone is where our core beliefs have evolved to fully embrace even negative life experiences. Emotional distress is minimized, and our revised foundation allows us to move entirely beyond mere resilience into lasting, purposeful growth. It's important to note that our core beliefs may have been able to absorb the traumatic shock. We may never need to walk the other paths. However, if we want to grow beyond just a resilient bouncing back to our old ways, we can become an ever-improving version of ourselves. There is always much to be learned by walking through the Blue and the Green Zones!

Questions:

- Which color zone feels most familiar to where you stand right now?
- Where do you see yourself traveling next?
- Do you have a trusted confidant, an expert companion to share your thoughts with?



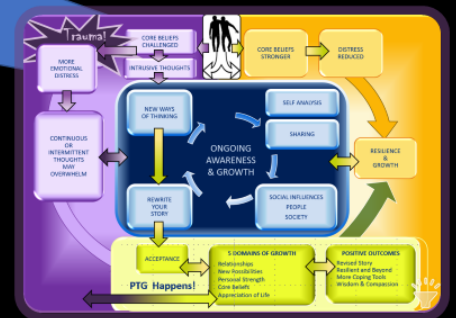
The Heart of the PTG Process: An Engine!

These are the steps we repeat as needed to rise above emotional distress to actual growth. Other parts of the PTG process are fed into it or result from it.

In these steps we struggle - hopefully Struggle Well - throughout our lives, no matter what the current crisis may be or how great the trauma that colors our lives.

Here we concentrate our efforts to achieve post-traumatic growth and to continually refine it and grow in every aspect, every domain, of our lives.

The Post-Traumatic Growth Engine



The Heart of the PTG Process: An Engine

To understand the internal mechanics of the Blue Zone, picture the heart of this entire process as an engine. These are the distinct, deliberate actions we must repeat as often as needed to rise above emotional distress and drive actual growth.

This engine operates on a loop of continuous, intentional struggle. Boulder Crest calls it Struggling Well. The other components of the PTG process, our distress, our social influences, and our ultimate growth domains, are constantly feeding into, or resulting from, the work done right here in this engine.

It is vital to recognize that this journey is rarely linear. At any time, an anniversary, a specific memory, or even a familiar fragrance can act as a trigger, momentarily pulling us under a wave of distress. Our brains are constantly processing our environment. Because we encounter daily stressors, the steps needed to keep this engine humming must become a practiced, repeating discipline. The more we run this loop deliberately, the more it becomes second nature, permanently refining how we handle crises and transforming daily struggles into profound personal strength.

Note the two-way arrows on our main graphic lower right. Sliding backward into the purple zone is a completely normal part of the loop, it is not a failure, it's just the engine revving up to keep us moving forward.



Fuel for the Engine: Tools for the Toolbox

The essential fuel that keeps our growth engine turning consists of the practical coping tools we likely already use. Look down through this toolbox starter list for ideas:

Sports and Exercise - physical channels to clear cortisol, ground the body, and restore cognitive clarity.

Mindfulness and Breathing, which are exceptional practices to anchor a racing mind, utilizing proven techniques like box breathing to physically calm a hyper-aroused nervous system.

Prayer and Meditation, engagement with our foundational values or exploration of new beliefs offering peace.

Healthy Cooking and Nutrition - critical foundation that directly impacts our emotional baseline, metabolic health, and cognitive stamina.

Journaling and Creative Arts - structural self-analysis tools, such as writing a letter to our past self or utilizing modern tools like AI collaboration to unlock our creative expression.

All of these aids fit beautifully inside the active blue section of our map. But remember, to get the absolute maximum impact from our toolbox, we should intentionally select items that align with the four pillars of the Wellness Triangle: Mind, Body, Finance, and Spirit.

Questions:

- What tools do you find most helpful to clear your mind when the internal noise gets too loud?
- Can you think of new techniques that would be worth learning?
- Do you have an expert companion who could help brainstorm some ideas?

Part 2: More about Bouldercrest and the Ukrainian Connection

Bouldercrest.org



Warrior PATHH

Peers train their own
to understand and
achieve PTG
For:
service members
veterans
first responders
and their families



ПТР в Україні!

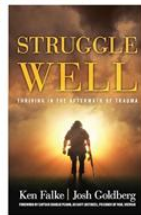
Як кваліфікований практик-неспеціаліст з
пост-травматичного розвитку (ПТР), я допомагаю
ознайомити не лише наших солдатів та
ветеранів, а й усіх в Україні з цією методологією
зростання в часи стресу, в часи війни.



Struggle Well

Provides
actionable strategies
to:

- make peace with past trauma
- live in the present
- plan for a great future
- transform struggle into profound strength and lifelong growth



Also discover the wide array of workshops available through

Resilient Village Ukraine



Building Total Resilience
Military & Civilian Workshops



An Overview of
Globally Respected Authorities
with Links & Apps to Learn More



Part 2: More about Boulder Crest and the Ukrainian Connection

This has been a brief, visual walkthrough of the Post-Traumatic Growth process, and possible positive outcomes. My hope is that this roadmap remains an enduring mental anchor as we all navigate life's challenges.

Please watch for Part Two of this series, where we'll dive deep into some practical applications and plans for embedding PTG principles into the foundation of future Resilient Village Ukraine projects and construction. We'll also explore Boulder Crest Foundation's leadership role in the field of PTG, especially through their two core programs: Warrior PATHH and Struggle Well. Training in applying PTG principles is also available online in multiple languages, including Ukrainian. We'll also take a deep dive into the expanding role of PTG in Ukraine as you can see in our Ukrainian update sheet on PTG in Ukraine, available on our website.

Additionally, I encourage you to explore the wide array of free, fully customizable workshops offered right here in Ukraine and via the Internet through Resilient Village Ukraine. Our library features over 100 topical slides that can be customized into workshops and presentations tailored for your civilian, military, veteran, or international professional audiences supporting Ukrainian defense and recovery efforts.

Resilient Village Ukraine

Reach out to us for
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PTG Qualified by the
Boulder Crest Institute for
Posttraumatic Growth



Website:
ResilientVillageUkraine.org



Telegram:
t.me/ResilientVillageUkraine

Credits & Tools

Visual Art & Background Imagery were generated with assistance from ChatGPT (OpenAI). Gemini (Google AI) assisted with polishing final drafts, gathering research links, and compensating for personal physical limitations. However, all arguments, analyses, fact-checking, external hyperlink verifications, and text construction are entirely the author's own work.



Connect with Resilient Village Ukraine

My prayer is that the compounding stressors of this war can be brought under disciplined control, and that our personal path toward resilience, maturity, and growth accelerates through this framework. This process has been an absolute lifeline for me over this past year, which is why I am so deeply honored to share it with you today. There is so much more to Resilient Village Ukraine. I've been here since May 2022, researching, developing, studying, sharing, visioneering, volunteering, building personal resilience, engaging Ukrainians in the many developing aspects of this holistic approach to battling well in the midst of war. We are Life Warriors, every one of us.

Please explore Resilient Village Ukraine, on YouTube as well as our developing new Telegram channel and website: ResilientVillageUkraine.org which has replaced my previous website: RoadmapToLife.org that centered on my past work in America and Tajikistan. Maps have always been at the heart of my journey through life. I continue to develop them to help us all explore life together. Please follow our progress as the actual Resilient Villages begin to come to life throughout Ukraine. I'm sure there will be an evolving map for that milestone!

Would you like to be a part of our work? Please reach out using the contact details on this screen or follow the hashtag: #ResilientVillageUkraine

I look forward to your feedback and ideas as we continue to grow, thrive, and serve together.

*Slava Ukraini
Heroyam Slava!*