

THE WARRIOR AWARENESS AND ACCOUNTABILITY LOG

A Resource for Veterans

Veterans who return from deployment or transition out of the military who then attempt to reintegrate with civilian life often face obstacles that seem insurmountable. We struggle with many things: a loss of a sense of purpose, uncertainty about our future, the intrusive memories that come from our experiences. Far too often, our inability to cope with these struggles leads to substance addiction, socially unacceptable behavior, and potentially even death. Many times, these struggles can be handled on our own; many times, they cannot. This resource was developed to assist the veteran to place some organization in their lives, help them to identify what is right or wrong with their world on any given day, and learn about some skills that will be helpful to them in their recovery.

This resource can be used as an addition or supplement to mental health counseling, but it should never be used in place of mental health counseling. The surest way to ease the burden of the struggles that we face is to share that burden with someone else who is able to support us in our recovery. The sacrifices that we gladly gave during our time in service often caused us to focus on others at the expense of ourselves; this is the time for us to take a knee, drink some water, and focus on our own recovery, so that we can then stand up and help out the buddies on our left and right.

You are not alone.

One of the ways that we ensure mission success is to establish specific communication resources. In the Army's Operation Order process, this communication is called the PACE plan: the Primary, Alternate, Contingency, and Emergency methods of communication. Use the space provided below to establish your own personal PACE plan to execute in case of a crisis situation:

<i>NAME</i>	<i>PHONE NUMBER</i>	<i>DESCRIPTION</i>
P		A trusted friend, family member, or significant other that you know will pick up the phone when you call
A		A trusted therapist, mentor, or other trained professional that receives messages and can be counted on to return a call in a crisis situation
C		A trusted member of the community that you have some responsibility to report to, such as a supervisor or probation officer
E		A contact that you can be certain who will speak to you, such as the VA crisis line or emergency dispatcher

This resource in it's current form is intended solely for the use of those to whom it is specifically provided through the www.veteranmentalhealth.com website

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25 November 2015
Duane K. L. France, MA, NCC
Colorado Veterans Health and Wellness Center

MONTHLY PLAN AND AWARENESS

USE THESE NEXT TWO PAGES TO LAY OUT YOUR PLAN FOR THE MONTH. WRITE IN THE MONTH AND YEAR, AND COPY DOWN THE DAYS FROM A CALENDAR. THEN WRITE WHATEVER YOU WANT IN THE DATE BLOCKS: UPCOMING APPOINTMENTS, SPECIFIC DAYS YOU WANT TO REMEMBER. ANOTHER WAY TO USE THIS SPACE IS TO SET DEADLINES, SUCH AS "GET XYZ DONE BY THIS DATE".

THERE THREE SPECIFIC SECTIONS IN WHICH YOU CAN SPEND SOME TIME CONSIDERING THE FUTURE, THINKING ABOUT HOW YOU FEEL ABOUT WHAT IS GOING ON NOW, AND LOOKING AT THE PAST.

LOOKING FORWARD:

WHERE DO I SEE MYSELF THIS TIME NEXT YEAR? TAKE SOME TIME TO CONSIDER HOW YOU WANT THINGS TO BE DURING THIS MONTH, NEXT YEAR. WILL YOU STILL BE LIVING IN THE SAME PLACE, WORKING AT THE SAME JOB?

WHAT IS ONE GOAL I WANT TO ACCOMPLISH THIS MONTH? MAKE SURE THE GOAL IS SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, AND HAS A SPECIFIC TIME FRAME THAT IT MUST BE COMPLETED IN.

LOOKING AT NOW:

HOW SATISFIED AM I WITH HOW MY LIFE IS RIGHT NOW? IN A GENERAL SENSE, AM I SATISFIED WITH HOW THINGS ARE GOING?

WHAT IS THE REASON FOR THIS RATING OF SATISFACTION? WHY DO I THINK THAT THINGS ARE GOING WELL...OR NOT SO WELL?

LOOKING BACK:

WHERE WAS I THIS TIME LAST YEAR? WAS I LIVING IN A DIFFERENT PLACE, WORKING IN A DIFFERENT JOB, HANGING OUT WITH DIFFERENT PEOPLE? OR IS LIFE PRETTY MUCH THE SAME? WAS WHAT I WAS DOING BETTER THAN WHAT I AM DOING NOW, OR WORSE?

WHAT SIGNIFICANT THINGS HAPPENED IN MY LIFE DURING THIS MONTH? DID I DEPLOY, JOIN THE MILITARY, GET MARRIED (OR DIVORCED)? POSITIVE OR NEGATIVE, DID SOMETHING HAPPEN IN PAST YEARS DURING THIS MONTH TO CHANGE MY LIFE?

WHAT WAS THE GOAL THAT I SET FOR MYSELF LAST MONTH? DID I GET IT DONE, MOSTLY DONE, TOTALLY FORGET ABOUT IT?

LOOKING

WHERE DO I SEE MYSELF THIS TIME NEXT YEAR?

MONTH:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

WHERE WAS I THIS TIME LAST YEAR?

LOOKING

FORWARD

WHAT IS ONE GOAL I WANT TO ACCOMPLISH THIS MONTH?

YEAR:

LOOKING AT NOW

THURSDAY

FRIDAY

SATURDAY

HOW SATISFIED AM I WITH HOW MY LIFE IS RIGHT NOW?

TOTALLY DISSATISFIED 1

SOMEWHAT DISSATISFIED 2

NEITHER SATISFIED NOR DISSATISFIED 3

PARTIALLY SATISFIED 4

COMPLETELY SATISFIED 5

WHAT IS THE REASON FOR THIS RATING OF SATISFACTION?

WHAT SIGNIFICANT THINGS HAPPENED IN MY LIFE IN THIS MONTH?

WHAT WAS A GOAL THAT I WANTED TO ACCOMPLISH LAST MONTH? DID I GET IT DONE?

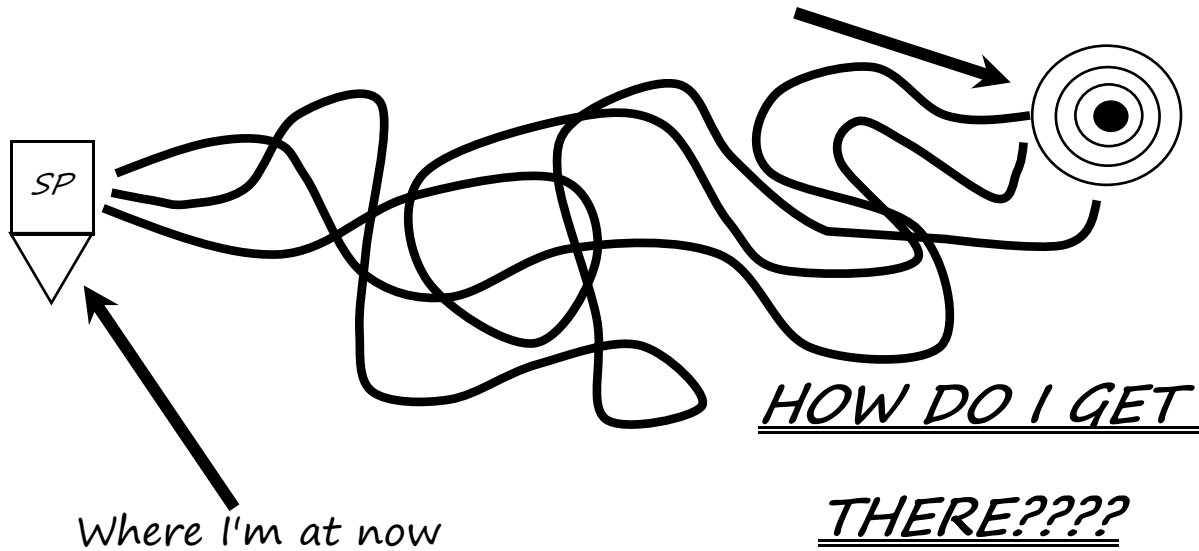
BACK

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		Tuesday 25 Nov 2015				CONCEPT OF THE DAY
		DAY	DATE	MONTH	YEAR	
<p>PLANS ARE NOTHING; PLANNING IS EVERYTHING - DWIGHT D. EISENHOWER</p>	5:00 AM	Woke Up				<p>"EMOTIONAL REASONING" THINKING TRAP. THIS HAPPENS WHEN WE FALSELY IDENTIFY A SITUATION AS POSITIVE OR NEGATIVE BASED ON OUR OWN EMOTIONS, RATHER THAN ON THE FACTS OF THE SITUATION THEMSELVES. THIS HAPPENS WHEN WE THINK SOMETHING "WENT WELL" JUST BECAUSE WE FEEL GOOD THAT IT'S OVER, OR THAT A SITUATION "SUCKED" BECAUSE WE ARE NERVOUS ABOUT THE POTENTIAL OUTCOME</p>
	5:30 AM	Shower				
	6:00 AM	Ate breakfast,				
	6:30 AM	watched news				
	7:00 AM	Travel to work				
	7:30 AM					
	8:00 AM	Phone calls, messages				
	8:30 AM					
	9:00 AM	Production meeting				
	9:30 AM					
	10:00 AM					
	10:30 AM	Client meeting				
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<p>HOW DOES THIS QUOTE APPLY TO MY LIFE TODAY?</p> <p><i>Just doing something is not enough, I need to know what I want and how I get there</i></p>	12:00 PM	Lunch				<p>THOUGHTS ABOUT THE CONCEPT OF THE DAY:</p> <p><i>I find myself doing this pretty often, especially when I'm already in a bad mood</i></p>
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	2:30 PM	Product				
	3:00 PM	Development				
	3:30 PM					
	4:00 PM					
	4:30 PM	Travel to Group				
	5:00 PM	Safe Haven				
	5:30 PM	AA Group				
	6:00 PM	Travel home				
	6:30 PM	Cook Dinner				
	7:00 PM	Eat Dinner,				
	7:30 PM	Watch TV				
	8:00 PM					
	8:30 PM	Play Call of Duty				
	9:00 PM					
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10:30 PM	Sleep					
11:00 PM						
<p>WHAT WENT RIGHT IN MY WORLD TODAY?</p> <p>1 <i>My boss really supported my effort to develop a new product line, I feel pretty good about it</i></p> <p>2 <i>I was able to get that new weapon mod that I was trying for</i></p> <p>3 <i>It felt good that I was able to keep from blowing up on people today</i></p>					<p>WHAT WENT WRONG IN THE WORLD TODAY?</p> <p><i>I got really frustrated at work because I had to pick up the slack for one of my co-workers...I didn't go off on him, though...</i></p>	

WHITE SPACE

Target: College Degree



WRITE SPACE

Sometimes, I realize that what I am doing now is not what I want to do forever. It pays the bills, of course, but sometimes that's not enough. I can't help but think that I am able to do more than work some sucky dead-end job, this isn't what I went to combat to do. I don't know how I get out what I'm doing, and how to get there from here...am I up for college? Who knows, but I think I need to do it so I can get on with my life.

Things to do	
1. Call the GI bill people	
2. Research schools... which ones have what I want to do?	What do I even want to do? I mean, I was pretty good at football back in high school...maybe I want to be a personal trainer?
3. What is the application process?	
4. Is there a school veteran office?	I had that idea to open up a detail shop, maybe I can get a business degree.
	Maybe I can do something to help out other veterans....

					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	
<p><i>"IF YOU CRY 'FORWARD' YOU MUST WITHOUT FAIL MAKE PLAIN IN WHAT DIRECTION TO GO" - ANTON CHEKOV</i></p>	5:00 AM				
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<p><i>IF YOU CARE ENOUGH FOR A RESULT, YOU WILL MOST CERTAINLY ATTAIN IT -WILLIAM JAMES</i></p>					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	<p>"WE CAN CONTROL THE PRESENT, BUT NOT THE PAST." WHAT HAS HAPPENED HAS ALREADY HAPPENED. WE CANNOT CHANGE THE REALITY OF WHAT HAPPENED IN THE PAST, ANY MORE THAN WE CAN CONTROL WHAT HAPPENS IN THE FUTURE. WE DO HAVE CONTROL OVER TWHAT WE PRESENTLY THINK, FEEL, AND DO. AS LONG AS WE ACCEPT THAT WE CAN CONTROL WHAT WE ARE ABLE TO, AND ACCEPT THAT WE CANNOT CONTROL WHAT WE CANNOT, WE WILL SAVE OURSELVES MUCH FRUSTRATION.</p>
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					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	<p>"UNIVERSALITY" THE CONCEPT THAT OTHERS EXPERIENCE THE SAME PROBLEMS AND DIFFICULTIES AS WE DO. VETERANS OFTEN STRUGGLE WITH THE CONCEPT OF UNIVERSALITY, AS WE LOST TOUCH WITH THOSE WE SERVED WITH AND FEEL AS THOUGH OTHERS AROUND US CAN'T UNDERSTAND WHAT WE WENT THROUGH. REMEMBERING THAT WE ARE NOT THE ONLY ONES GOING THROUGH THIS JOURNEY IS OFTEN HELPFUL</p> <p>THOUGHTS ABOUT THE CONCEPT OF THE DAY:</p>
<p>"THE WILL TO WIN, THE DESIRE TO SUCCEED, THE URGE TO REACH YOUR FULL POTENTIAL: THESE ARE THE KEYS THAT WILL UNLOCK THE DOOR TO PERSONAL EXCELLENCE" - CONFUCIUS</p>	5:00 AM				
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					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	<p>"DISPLACEMENT" A DEFENSE MECHANISM IN WHICH THE INDIVIDUAL IS UNWILLING OR UNABLE TO SHOW ANGER TOWARD THE ACTUAL INDIVIDUAL THEY ARE ANGRY AT BECAUSE OF POSSIBLE REPERCUSSIONS, SO THE ANGER IS DIRECTED AT "SAFE" TARGETS OFTEN WITHOUT CONSCIOUS AWARENESS. ANGER IS A FAIRLY CONSTANT AND UNFOCUSED EMOTION FOR VETERANS, AND IS OFTEN DIRECTED AT THOSE CLOSEST TO US.</p> <p>THOUGHTS ABOUT THE CONCEPT OF THE DAY:</p>
<p><i>TO BE YOURSELF IN</i> <i>A WORLD THAT IS</i> <i>CONSTANTLY</i> <i>TRYING TO MAKE</i> <i>YOU SOMETHING</i> <i>ELSE IS THE</i> <i>GREATEST</i> <i>ACCOMPLISHMENT -</i> <i>RALPH WELD</i> <i>EMERSON</i></p>	5:00 AM				
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<p><i>YOU ARE NEVER TO OLD TO SET ANOTHER GOAL OR TO DREAM A NEW DREAM</i></p>					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	<p>"ABSOLUTIST THINKING" THINKING IN TERMS OF ABSOLUTES, SUCH AS "I HAVE TO" OR "THINGS ARE ALWAYS (OR NEVER) LIKE THIS FOR ME". IN LIFE, THINGS ARE RARELY EVER ABSOLUTELY OR IMPERATIVELY A CERTAIN WAY; THINKING IN THIS WAY CAUSES US TO ACT AS IF THE ABSOLUTE OR IMPERATIVE THOUGHT WERE TRUE. CONSIDERING WHETHER THESE THOUGHTS ARE ACTUALLY TRUE CAN BE OF BENEFIT.</p>
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BECAUSE YOUR OWN STRENGTH IS UNEQUAL TO THE TASK, DO NOT ASSUME IT IS BEYOND THE POWER OF MAN; BUT IF ANYTHING IS WITHIN THE POWER OF MAN, BELIEVE THAT IT IS WITHIN YOUR OWN POWER ALSO - MARCUS AURELIUS					CONCEPT OF THE DAY	
	DAY	DATE	MONTH	YEAR	"SELF-DEFEATING BEHAVIOR" ANYTHING AN INDIVIDUAL DOES TO HOLD THEMSELVES BACK FROM ACHIEVING A GOAL, OR TO HARM THEMSELVES. SOMETIMES THE SELF-DEFEATING BEHAVIOR IS CONSCIOUS, USED TO AVOID UNCERTAINTY. OTHER TIMES, WE ARE NOT AWARE OF THE SELF-DEFEATING BEHAVIOR BUT ARE AWARE OF THE CONSEQUENCES.	
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<p><i>PLANS ARE NOTHING; PLANNING IS EVERYTHING - DWIGHT D. EISENHOWER</i></p>					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	<p>"OVERCOMPENSATION" ONGOING BEHAVIOR THAT IS INTENDED TO OFFSET A PERCEIVED INFERIORITY. WHEN A VETERAN TRANSITIONS OUT OF THE MILITARY, FOR WHATEVER REASON, A LOSS OF A SENSE OF PURPOSE IS FELT. MANY TIMES VETERANS WILL ATTEMPT TO OVERCOMPENSATE FOR THIS LOSS OF PURPOSE BY ENGAGING IN MANY DIFFERENT BEHAVIORS IN ORDER TO REPLACE THAT SENSE OF PURPOSE.</p>
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<i>THERE ARE NO SECRETS TO SUCCESS. IT IS THE RESULT OF PREPARATION, HARD WORK, LEARNING FROM FAILURE - COLIN POWELL</i>					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	"MY STANDARDS ARE NOT THE STANDARDS OF OTHERS." IT IS UNREALISTIC TO EXPECT OTHERS TO ACT A CERTAIN WAY IN A SITUATION JUST BECAUSE WE WOULD ACT THAT WAY IN A SIMILAR SITUATION. UNDERSTANDING THAT EVERYONE APPROACHES ANY GIVEN SITUATION WITH THEIR OWN THOUGHTS, VALUES, AND BELIEFS CAN HELP US TO NOT GET ANGRY AT THEM FOR FAILING TO ADHERE TO OUR STANDARDS.
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<p>"COURAGE IS NOT HAVING THE STRENGTH TO GO ON; IT IS GOING ON WHEN YOU DON'T HAVE THE STRENGTH" THEODORE ROOSEVELT</p>					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	<p>"PLEASURE PRINCIPLE" THE IDEA THAT PEOPLE SEEK PLEASURE AND ATTEMPT TO AVOID PAIN. OFTEN, THE BEHAVIORS THAT WE ENGAGE IN THAT REMOVE THE PAIN WE ARE EXPERIENCING CAUSE PAIN THEMSELVES. FOR EXAMPLE, EXCESSIVE SUBSTANCE USE IN ORDER TO RELIEVE PHYSICAL OR MENTAL PAIN HAS ADDITIONAL MENTAL, PHYSICAL, AND SOCIAL CONSEQUENCES THAT INDUCE MORE PAIN.</p>
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CONCEPT AND DEFINITION REPUBLISHED WITH PERMISSION OF TAYLOR & FRANCIS GROUP FROM HUMAN SERVICES DICTIONARY, ROSENTHAL (2003); PERMISSION CONVEYED THROUGH COPYRIGHT CLEARANCE CENTER, INC.

<i>WITHOUT HARD WORK, NOTHING GROWS BUT WEEDS -GORDON B. HINCKLEY</i>					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	<p>"NO ONE IS, OR SHOULD BE, PERFECT." BY HOLDING OURSELVES TO AN UNREALISTIC PERFECT EXPECTATION, WE SET OURSELVES UP FOR DISAPPOINTMENT WHEN WE DO NOT ACHIEVE THAT PERFECTION. WHEN WE START TO THINK THAT WE "SHOULD HAVE" ACTED A CERTAIN WAY, THEN WE START TO FEEL GUILT, SHAME, AND EMBARRASSMENT. BY ADHERING TO A "100% IS PASSING, 99% IS FAILING" WE ARE NOT ALLOWING OURSELVES TO GROW.</p> <p>THOUGHTS ABOUT THE CONCEPT OF THE DAY:</p>
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<i>THE GREATEST GLORY IN LIVING LIES NOT IN NEVER FALLING, BUT RISING EACH TIME WE FALL</i>					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	"VALUE CONFLICT" DIFFERENCES IN VALUES BETWEEN PEOPLE, OR CONTRADICTIONARY VALUES THAT CAUSE CONFLICT WITHIN THE SAME INDIVIDUAL. VETERANS OFTEN EXPERIENCE VALUE CONFLICT WHEN INTERACTING WITH OTHERS WHO HAVE NEVER BEEN IN THE MILITARY; THEY ALSO OFTEN EXPERIENCE CONFLICTING VALUES WITHIN THEMSELVES WHEN THEY ACT IMPULSIVELY WITHOUT EXAMINING THEIR OWN BELIEFS
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<p>DUTY, HONOR, COUNTRY. THOSE THREE WORDS DICTATE WHAT YOU OUGHT TO BE, WHAT YOU CAN BE, WHAT YOU WILL BE. -DOUGLAS MACARTHUR</p>					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	<p>"THE HABIT OF NEGATIVE THOUGHTS IS A HABIT THAT MUST BE FOUGHT TO BREAK." VERY LITTLE OF VALUE IN OUR LIVES CAME OUR WAY BECAUSE IT WAS EASY; IT TAKES HARD WORK TO LIVE A CONTENTED LIFE. JUST AS WITH ANY OTHER HABIT THAT IS LESS THAN GOOD FOR US, THE HABIT OF NEGATIVE THINKING IS ONE THAT MUST BE ACTIVELY WORKED AGAINST.</p>
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"IF EVERYONE IS THINKING ALIKE, THEN SOMEBODY ISN'T THINKING" GEORGE S. PATTON					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	"CONFORMITY" DOING WHAT MOST OF THE OTHER PEOPLE IN YOUR SOCIAL GROUP, AGE BRACKET, OR SOCIETY DO. VETERANS OFTEN DO NOT WISH OR FEEL THAT THEY ARE ABLE TO CONFORM TO "SOCIETY" AS THEY OFTEN FEEL BETRAYED OR LET DOWN BY "SOCIETY." LIVING WITHIN THE RULES OF ACCEPTABLE SOCIAL NORMS DOES NOT MEAN THAT WE HAVE TO AGREE WITH OR ACCEPT THE VALUES OF OTHERS.
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DO YOUR DUTY IN ALL THINGS. YOU CANNOT DO MORE; YOU SHOULD NEVER WISH TO DO LESS. -ROBERT E. LEE					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	<p>"BEING AWARE OF THE WORLD AROUND ME IS NOT THE SAME AS BEING HYPERVIGILANT." BEING HYPERVIGILANT HAPPENS WHEN WE ARE CONSTANTLY ON THE LOOKOUT FOR DANGER AND ADVERSITY, AROUND EVERY CORNER AND ON EVERY ROOFTOP. BEING AWARE OF THE WORLD AROUND US IS SIMPLY SEEING THE WORLD AS IT IS, RATHER THAN HOW WE THINK IT IS, SHOULD BE, OR OUGHT TO BE.</p>
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<p><i>"THE PRACTICE OF FORGIVENESS IS OUR MOST IMPORTANT CONTRIBUTION TO THE HEALING OF THE WORLD" - MARIANNE WILLIAMS</i></p>					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	<p>"DENIAL" THE CONSCIOUS ACT OF DENYING REALITY, IN ORDER TO AVOID EITHER AN EXTERNAL OR AN INTERNAL CONSEQUENCE. AN EXTERNAL CONSEQUENCE COULD BE AN UNDESIRE RESPONSE FROM AN AUTHORITY FIGURE OR SIGNIFICANT OTHER; AN INTERNAL CONSEQUENCE COULD BE FEELINGS OF GUILT, SHAME, OR FEAR.</p> <p>THOUGHTS ABOUT THE CONCEPT OF THE DAY:</p>
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<p><i>“START WHERE YOU ARE. USE WHAT YOU HAVE. DO WHAT YOU CAN.” -ARTHUR ASHE</i></p>					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	<p>"ALIENATION" EITHER THE FEELING THAT LIFE IS MEANINGLESS ONE IS SEPARATED FROM SOCIETY, OR THAT ONE FEELS ALONE, HAVING NO FRIENDSHIPS WITH OTHERS. VETERANS OFTEN FEEL ALIENATED FROM FAMILY MEMBERS, MEMBERS OF THE COMMUNITY, OR SOCIETY IN GENERAL AFTER RETURNING FROM COMBAT. THIS IS OFTEN BASED ON THE BELIEF THAT OTHERS "DON'T UNDERSTAND"</p>
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					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	<p>"BEREAVEMENT" THE EXPERIENCE OF LOSING SOMEONE THAT TYPICALLY INCLUDES A GRIEF PROCESS INCLUDING DENIAL, ANGER, SADNESS, AND ACCEPTANCE. WHILE BEREAVEMENT IS DIFFICULT, WORKING THROUGH THE ENTIRE PROCESS OFTEN LEADS TO ULTIMATE RELIEF AND ACCEPTANCE. VETERANS OFTEN RESIST THE BEREAVEMENT PROCESS IN REGARDS TO LOSSES INCURRED IN COMBAT.</p> <p>THOUGHTS ABOUT THE CONCEPT OF THE DAY:</p>
<p>"WHAT YOU DO TODAY CAN IMPROVE ALL OF YOUR TOMORROWS" RALPH MARSTON</p>	5:00 AM				
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					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	<p>"COGNITIVE" REFERS TO THINKING, IMAGINING, AND REASONING. COGNITIVE ACTIONS AND COGNITIONS ARE NECESSARY FOR A VETERAN TO BECOME AWARE OF THE PURPOSE BEHIND THEIR ACTIONS, DECIDE IF THOSE ACTIONS ARE CONSISTENT WITH THEIR CORE BELIEFS, AND DECIDE IF THEY WANT TO KEEP OR CHANGE THOSE BELIEFS.</p> <p>THOUGHTS ABOUT THE CONCEPT OF THE DAY:</p>
<p><i>"SHALLOW MEN BELIEVE IN LUCK. STRONG MEN BELIEVE IN CAUSE AND EFFECT." - RALPH WALDO EMERSON</i></p>	5:00 AM				
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<p><i>"IF YOU THINK YOU CAN DO A THING, OR THINK YOU CAN'T DO A THING, YOU'RE RIGHT" - HENRY FORD</i></p>					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	<p>"HABITUATION" THE NOTION THAT MORE AND MORE OF A GIVEN SUBSTANCE OR BEHAVIOR MUST BE USED OR PERFORMED IN ORDER TO PRODUCE THE SAME EFFECT. OFTEN SEEN WITH SUBSTANCE USE OR EXTERNAL BEHAVIORS. AT FIRST, OWNING A GUN CAN MAKE A VETERAN FEEL SAFE; LATER, THE SAFE FEELING ONLY COMES IF THE WEAPON IS IN THEIR VEHICLE, AND EVEN LATER, WHEN IT IS CARRIED AT ALL TIMES.</p>
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<p align="center"><i>"AN OUNCE OF ACTION IS WORTH A TON OF THEORY" - RALPH WELD EMERSON</i></p>					CONCEPT OF THE DAY	
	DAY	DATE	MONTH	YEAR	<p align="center">"EMOTIONAL DEADNESS" A CONDITION IN WHICH SOMEONE IS NOT AWARE OF THEIR FEELINGS OR CHOOSES TO IGNORE THEM. OFTEN A CONSEQUENCE OF EXPOSURE TO COMBAT, OR REPEATED DEPLOYMENTS, IN WHICH A VETERAN NEEDED TO DEADEN THEIR EMOTIONS IN ORDER TO PERFORM THE MISSION. THE EMOTIONAL DEADNESS OFTEN REMAINS UPON RETURN.</p>	
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<p>"PULL THE STRING, AND IT WILL FOLLOW WHEREVER YOU WISH. PUSH THE STRING, AND IT WILL GO NOWHERE AT ALL." DWIGHT D. EISENHOWER</p>					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	<p>"RUMINATION" A CONDITION IN WHICH THE PERSON KEEPS HAVING THE SAME THOUGHT OVER AND OVER AND CONTINUES TO DWELL ON IT. MANY TIMES, VETERANS RUMINATE OVER CURRENT CONCERNS, REGRETS OVER PAST ACTIONS, OR ANXIETY OVER FUTURE EVENTS. RUMINATION IS CONNECTED TO DEPRESSED FEELINGS AND CAN DEVELOP INTO AN UNHEALTHY COPING MECHANISM.</p>
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					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	<p>"INCONGRUENT BEHAVIOR" USED TO CHARACTERIZE SOMEONE WHO IS NOT ACTING IN ACCORDANCE WITH THEIR TRUE BELIEFS OR FEELINGS. REPEATED EXPOSURE TO COMBAT CAN SOMETIMES CHANGE WHAT WE BELIEVE ABOUT OURSELVES, OTHERS, AND THE WORLD, AND WE ACT IN RESPONSE TO THOSE CHANGED BELIEFS RATHER THAN OUR ORIGINAL BELIEFS.</p> <p>THOUGHTS ABOUT THE CONCEPT OF THE DAY:</p>
<p>"BEFORE WE ACQUIRE GREAT POWER WE MUST ACQUIRE WISDOM TO USE IT WELL." - RALPH WELD EMERSON</p>	5:00 AM				
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<p align="center"><i>"WHEN EATING AN ELEPHANT, TAKE ONE BITE AT A TIME."</i> - CREIGHTON ABRAMS</p>	5:00 AM				
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<p><i>"WHEN YOU REACH THE END OF YOUR ROPE, TIE A KNOT IN IT AND HANG ON."</i> <i>-THOMAS JEFFERSON</i></p>					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	<p>"ENTITLEMENT" THE IDEA THAT AN INDIVIDUAL SHOULD RECEIVE GOODS, SERVICES, OR SPECIAL CONSIDERATION DUE TO THEIR STATUS OR PREVIOUS ACTIONS. MOST VETERANS WILL DENY THE FACT THAT THEY FEEL ENTITLED, BUT ALSO EXPERIENCE ANGER AND FRUSTRATION WHEN THEIR SACRIFICE IS NOT ACKNOWLEDGED. BEING AWARE OF FEELINGS OF ENTITLEMENT IS THE BEST WAY TO AVOID A SENSE OF ENTITLEMENT.</p>
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<p>"VICTORIOUS WARRIORS WIN FIRST AND THEN GO TO WAR, WHILE DEFEATED WARRIORS GO TO WAR FIRST THEN SEEK TO WIN." - SUN TZU</p>					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	<p>"DEDUCTIVE REASONING" THE PROCESS OF FORMING A SPECIFIC HYPOTHESIS OR HUNCH FROM GENERAL PRINCIPLES. SOMETIMES DEDUCTIVE REASONING CAN BE BASED ON INACCURATE BELIEFS, CAUSING UNACCEPTABLE RESPONSES. IF SOMEONE BELIEVES THAT EVERY MEMBER OF A CERTAIN GROUP ACTS IN A CERTAIN WAY, THEN THEY WILL ASSUME THAT ANY MEMBER OF THAT GROUP THEY MEET THAT THEY WILL ACT IN THAT WAY</p>
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<p>"NO PERSON WILL MAKE A GREAT BUSINESS WHO WANTS TO DO IT ALL HIMSELF OR GET ALL THE CREDIT." - ANDREW CARNEGIE</p>					<p>CONCEPT OF THE DAY</p> <p>"TRANSCEND" TO GO BEYOND OR SURPASS ONE'S CURRENT LEVEL OF FUNCTIONING. OFTEN, VETERANS FIND THAT WORKING WITH A THERAPIST CAN HELP THEM MOVE BEYOND THEIR PREVIOUS DIFFICULTIES IN LIFE AREAS IN GENERAL; THEY ARE THOUGHT TO THEN HAVE TRANSCENDED THEIR PREVIOUS ANXIOUS OR AGITATED STATE.</p>
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"LEAP, AND THE NET WILL APPEAR." -JOHN BURROUGHS					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	"HYPER-VIGILANCE" A TERM USED TO INDICATE THAT A VETERAN IS CONTINUALLY STUDYING THEIR SURROUNDINGS FOR THREATENING STIMULI. WHILE MAINTAINING A HEIGHTENED SENSE OF AWARENESS WAS PROTECTIVE WHILE DEPLOYED, MAINTAINING THAT LEVEL OF AWARENESS WHILE TRYING TO GET BACK INTO LIFE HOME IS OFTEN A BARRIER TO SUCCESSFUL REINTEGRATION.
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					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	<p>"CONTAGION EFFECT" REFERS TO A PHENOMENON THAT OCCURS WHEN A HIGHLY PUBLICIZED EVENT OR FAMOUS INDIVIDUAL ENGAGES IN SELF-DESTRUCTIVE BEHAVIOR, LEADING OTHERS TO MIMIC THE SAME SELF-DESTRUCTIVE BEHAVIORS. THIS OFTEN HAPPENS WHEN VETERANS SEE OR HEAR OTHER VETERANS KILLING THEMSELVES OR HARMING OTHERS.</p> <p>THOUGHTS ABOUT THE CONCEPT OF THE DAY:</p>
<p>"THE STRONG MAN IS THE ONE WHO IS ABLE TO INTERCEPT AT WILL THE COMMUNICATION BETWEEN THE SENSES AND THE MIND." -NAPOLEON BONAPARTE</p>	5:00 AM				
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					CONCEPT OF THE DAY
	DAY	DATE	MONTH	YEAR	<p>"GOAL" A TARGET BEHAVIOR A PERSON WANTS OR NEEDS TO REACH BY A CERTAIN DATE OR BY THE END OF TREATMENT. THE STEPS TO ACCOMPLISH THIS GOAL ARE GENERALLY CALLED OBJECTIVES. A VETERAN WHO HAS A GOAL OF JOINING HIS FAMILY AT A FOURTH OF JULY CELEBRATION MIGHT HAVE AN OBJECTIVE OF LEARNING TO BE COMFORTABLE IN CROWDS, WITH LOUD NOISES, ETC.</p> <p>THOUGHTS ABOUT THE CONCEPT OF THE DAY:</p>
"PREPARE FOR THE UNKNOWN BY STUDYING HOW OTHERS IN THE PAST HAVE COPEDED WITH THE UNFORESEEABLE AND THE UNPREDICTABLE" - GEORGE S. PATTON	5:00 AM				
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