





Bridging Perspectives

How first responders can break the cycle of stigma

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B - R - I - D - G - E



B - Big

R - Real

I - I am responsible

D - Do as I Do'r

G - Get into community

E - Everyday



John Bradshaw

Family-Systems Therapist, Family Dynamics Expert, 6 time NY Times Best Seller, Theologian and Philosopher, Multiple PBS Specials

96%

of all families are to some degree emotionally impaired and dysfunctional
- Virginia Satir

"Our society is emotionally sick because our families are emotionally sick. And our families are sick because we are living by inherited rules we never wrote." - 1988

Don't trust, don't feel
What Happens in this house...
Quit crying before I...
We do this because we love you
Don't be too full of yourself
Who you are isn't good enough



Anger Example

Family-Systems Therapist, Family Dynamics Expert, 6 time NY Times Best Seller, Theologian and Philosopher, Multiple PBS Specials

- Dangerous, Unsafe, Immature, Scary, Uncertain
- Comfortable, Form of Protection, Necessary, Righteous
- Everything is Fine, Ignored All Together



Common Forms of Family Dysfunction

01	PERFECTIONISTIC	Super high expectations praise tied to performance emphasis on perception
02	MILITARISTIC / OVERLY STRICT	Rigid rules, physical or verbally abusive, harsh punishment, extremely secretive, Strict military or religious homes
03	HYPOCHONDRIAC, SICK, MENTALLY OR EMOTIONALLY ILL	High level of fear, pessimism, anxiety, depression, distorted views, extreme measures, and often manipulative
04	PHYSICAL, SEXUAL OR VERBAL ABUSE	Any form of abuse from friends, family, authority figures
05	FOSTER CARE / ADOPTION / DIVORCE	Feelings of guilt, worthlessness, low self-esteem, abandonment, difficulty trusting others

06 - Other Compulsive Behaviors



**Perfectionistic
Militaristic
Hypochondriac or
Sick
Mentally /
Emotionally Ill
Physical/Verbal
Abuse
Foster Care /
Adoption / Divorce**

Mirror

- Toxic Shame
- Guilt
- Low Self-esteem
- Low Self-worth
- I'm I Lovable
- Do I Matter
- Am I Enough

**Alcoholic
and drug-
addicted
home**



What Might a Mental Wellness Plan Look Like ?



Mental Wellness Plan - 5-20 Hrs Wk

- Daily Meditation, Mindfulness, Prayer, Journal - 30-60 mins
- Positive Literature / Daily Reader - 5-15 mins
- Mentorship/Sponsorship - Daily conversations - Weekly or Monthly In-Person Meet up
- Some Sort of Paid Professional - Weekly or Bi-Weekly
- Peer Led Support Groups Based on Lived Experience -
- 1-7 days a week - 1 hr Per Group
- Accountability Partners & Outside Support Circle - Call list of people you can count on (preferably not friends and family) - Daily Contact
- Pay it Forward - Mentor others that are newer than you

---Do as I Do VS Do as I Say---



Favorite Books & Resources

Books

ANYTHING BRENE BROWN
ANYTHING JOHN BRADSHAW
ANYTHING ESTHER PEREL
ANYTHING MELODY BEATTIE
LOVING WHAT IS - BYRON KATIE
LOST CONNECTIONS - JOHANN HARI
LOST FOCUS - JOHANN HARI
ADDICTION INOCULATION - JESSICA
LEAHY
WHAT HAPPENED TO YOU? - BRUCE
PERRY & OPRAH WINFREY
THE BODY KEEPS THE SCORE - B.V. DER
KOLK
CLEANING UP YOUR MENTAL MESS - DR.
CAROLINE LEAF
THE ACA BIG RED BOOK
SELF-THERAPY BY JAY EARLEY
DR. RICHARD SCHWARTZ - IFS THERAPY

Alternative Resources

JOHN BRADSHAW - ON THE FAMILY - PBS SPECIAL
JOHN BRADSHAW - HOMECOMING - PBS SPECIAL
BYRON KATIE - THE WORK INTENSIVES - YOUTUBE
WIM HOFF - BREATHWORK
OWAKEN - BREATHWORK
JOE DESPENZA MEDITATIONS
BETTER HELP - VIRTUAL COUNSELING
COLD PLUNGES, SAUNA, SOUND BATH, CHINESE
MEDICINE AND ACUPUNCTURE,
GUIDED MEDITATIONS, SUPPORT GROUPS, AA, NA,
ALANON, ACA, CODA, SMART, NAMI, CR, ETC
INTENSIVE WEEKEND RETREATS AND SUPPORT
GROUPS
MANKIND PROJECT
LANDMARK FORUM
WOMAN WITHIN

Moore Soul Sessions

**Life and Leadership
Coaching** by Sarah
Moore



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