

THE RESILIENCE SPECTRUM

 1 2 3	 4 5 6	 7 8 9	 10 11 12
“LIFE DOES NOT WORK” <i>Trauma overload. Your nervous system is being triggered most of the time.</i>	“LIFE IS A STRUGGLE” <i>Struggling to maintain a functional level of day to day living.</i>	“I GET BY” <i>To the outside world I may look fine but inside, I struggle quite a lot and life does not feel easy.</i>	“LIFE IS GREAT” <i>This means all is well but I still want to ‘step up’ to an even higher level of functioning.</i>
IDENTIFYING FEATURES: You may have been given a mental health “label” of ‘psychotic’ or ‘schizophrenic’ or ‘paranoid’ from DSM V. You may be on medications to help reduce feelings of intense depression, paranoia, rage, anxiety or despair. You may hear voices. You may be regarded as being a risk to yourself or others. You may have experienced third degree trauma (i.e. tissue damage or incarceration). You will find it hard to ‘hold it together’. You probably find it hard to be in relationships that are healthy. You may disassociate or lose control regularly or under stress. You feel alert to threat most of the time and find it almost impossible to relax	IDENTIFYING FEATURES: You may or may not have been given a DSM V diagnosis. This could include Anxiety Disorder, Personality Disorder, Depression or Addictions (either current or historic). You may repeatedly experience ‘2nd Degree’ trauma (emotional ruptures that you feel ashamed or embarrassed to talk about). You may experience Phobias, Traumas or Chronic Somatic illnesses (often unexplained). You may suffer from recurrent and serious bouts of anxiety, depression or paranoia or just low self-esteem and chronic negative thought patterns. You may have difficulties in self soothing and relaxing.	IDENTIFYING FEATURES: You experience occasional stress anxiety or depression. Mostly, you only experience ‘1st Degree’ trauma (able to discuss and talk about with others). You are mostly optimistic and resilient in the face of stress but sometimes can feel overwhelmed. This is generally only for short periods of time. You function well in life and experience normal ‘ups and downs’ but rarely ‘lose control’. Most of the time you are able to self regulate and self soothe. Mostly you feel safe but you often feel that you could do more with your life or do ‘better’ or live more life more fully. There is a vague sense of something missing	IDENTIFYING FEATURES: You are probably high-functioning and successful in all areas of your life; your work, your health and your relationships. You enjoy genuine ‘I’m ok / you’re ok’ intimacy and feel connected with yourself and others. You probably spend most of your time ‘in the flow’ and only rarely get ‘stuck’. At the very top of this part of the spectrum, you can be a ‘people changer’ and a strong leader. You have a strong inner sense of purpose and security and I able to self soothe and manage extremely stressful situations. At the lower end of this section of the spectrum, you can do well but it's hard to work and you have a tendency to Sabotage yourself
TYPICAL THOUGHTS <i>“There is something seriously wrong with me and it doesn't matter what I do, I will never be able to be normal”. Alternatively (at the “1” score) “There is nothing wrong with me - it's everyone else that has a</i>	TYPICAL THOUGHTS <i>“Life is such a struggle... Despite my best efforts, I seem to constantly sabotage myself and end up in a familiar ‘bad place’ again and again”.</i>	TYPICAL THOUGHTS <i>“I am mostly OK but deep down I feel that something important is missing from my life or that I do not have quite the same ‘spark’ or drive as other people”.</i>	TYPICAL THOUGHTS <i>“Life works and I am mostly ‘in the flow’. I can cope with most that life can throw at me but I would like to do this more easily”.</i>
THERAPY FOCUS: REALITY Build strong ADULT ego state boundaries. Make a clear contract for change and learn ways to Check Out Reality. Learn how to SELF SOOTHE. OTHER OPTIONS: AMBIENT TRAUMA DISCHARGE THROUGH NEUROTOUCH EXCHANGES and TRAUMA DISCHARGE MASSAGE	THERAPY FOCUS: BUILDING RESILIENCE Build SUPPORT and learn TRUST and how to use TA models to identify what is healthy and what is unhealthy and to solve issues in your life. OTHER OPTIONS: AMBIENT TRAUMA DISCHARGE THROUGH NEUROTOUCH EXCHANGES and TRAUMA DISCHARGE MASSAGE. DO “THE KNOWLEDGE”	THERAPY FOCUS: TRANSFORMATION USE THE TA MODELS TO MAKE EVEN DEEPER LIFE SCRIPT CHANGES OTHER OPTIONS: AMBIENT TRAUMA DISCHARGE THROUGH NEUROTOUCH EXCHANGES and TRAUMA DISCHARGE MASSAGE. DO “THE KNOWLEDGE”	THERAPY FOCUS: LEADERSHIP EXPLORE THE HISTORICAL ‘LIFE SCRIPT’ ROOTS OF SPECIFIC SABOTAGES OTHER OPTIONS: AMBIENT TRAUMA DISCHARGE THROUGH NEUROTOUCH EXCHANGES and TRAUMA DISCHARGE MASSAGE. DO “THE KNOWLEDGE”

This chart is only intended as a rough guide for yo to be able to place yourself on the spectrum. The options listed are based on the psychotactile disciplines taught at my Academy and used by my students.