

A large, abstract blue graphic on the left side of the page. It features a cluster of circles of various sizes at the top left, transitioning into several horizontal bars of varying lengths that extend towards the right. The overall shape is irregular and organic, resembling a splash or a stylized cloud.

BROKEN ^{TO} **UNBREAKABLE**

WEBINAR WORKBOOK

HOW YOU CAN QUICKLY OVERCOME PTSD AND REGAIN CONTROL OF YOUR LIFE FOR GOOD

Presented by
Kayleen Wright

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The Goal For This Webinar Workbook

My goal today is to provide you with everything you need so that you can begin your healing journey and get relief from your PTSD immediately.


- Even if you've been struggling for decades
- Even if you have no hope
- How to do all of it without having to sacrifice years of your life

And more than that, these are the methods that completely changed my life. With these methods, I was able to overcome my personal PTSD and help others do the same.

Now, this workbook is the real deal.

Like I said, the strategies and methods we're going to talk about are the exact same strategies that I used to personally overcome my 15+ years of PTSD in under 2 years and the methods in this workbook were not only able to change my life, but also the lives of people all across the globe.

BROKEN TO UNBREAKABLE



Kayleen Wright

- Main Presenter
- Successful PTSD Coach
- Overcame 15 Years of (C)PTSD In Under 2 Years

Who Is This Workbook For?

Now, let's talk about who this workbook is for...

This workbook is for people with PTSD, someone who has suffered from a traumatic event and has symptoms like nightmares, flashbacks, depression, have that 'on edge' feeling, are being triggered, have a racing heartbeat, and so on. If this is you then you are going to get some much needed relief on this workbook.

This is also for people with C-PTSD...someone with complex PTSD who has been exposed to a long term trauma with additional symptoms like feeling disconnected from reality, constant terror, worthlessness, etc...and from this point on in the workbook I am only going to be saying PTSD not CPTSD, just to make things easier, but everything that we discuss today will apply to PTSD and CPTSD.

This is also for someone who is suffering from extreme anxiety, someone who isolates, and is constantly worrying about the past and the future.

This is also for someone with depression, someone who is left exhausted, uninspired, and feels like there is no hope for recovery.

And this is for someone who is just tired of 'coping'...someone who is just tired of getting by, just getting through these symptoms and is ready to do what is needed to finally move past them once and for all.

- **PTSD** - Someone who has suffered from a traumatic event and has symptoms like nightmares, flashbacks, depression, 'on edge', being triggered, racing heartbeat etc.
- **C-PTSD** - Someone with Complex PTSD who has been exposed to a long term trauma with additional symptoms like feeling disconnected from reality, constant terror, worthlessness, etc.
- **Anxiety** - Someone who suffers from extreme anxiety, who isolates, and is constantly worrying about the past and future.
- **Depression** - Someone who is left exhausted, uninspired, and feels like there is no hope
- **Someone who is tired of just 'coping'** - Someone who is just tired of getting by, just getting through these symptoms and is ready to do what is needed to finally move past them for good

If you are any of these people then you are in the right place.

House Rules

Before we get started, I want to go over some house rules...

This workbook contains no triggers, we will not be talking about anything graphic, extreme, or detailed. I am just going to give you the information you need. The last thing anybody needs, especially us, is a detailed traumatic story that leaves us feeling worse off...don't worry, there will be nothing like that here.

This process to overcome PTSD is not easy...

This is not "take a magic pill and get better instantly"...There are no overnight fixes, just like everything in life you need to put in the effort to get the results you want.

This workbook is not for people who are only out for themselves and want to recover without having a positive impact on the world by helping others. I am here to help build a community of support so that we can all grow, improve, and become our best selves together.

Neither my results or my clients results are typical. The people you're going to hear about are hardworking, they put in the effort, they faced their fears, and did the required work. The results that you get are entirely up to you. SO let's jump in,

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House rules for today's webinar

- This webinar has no 'Triggers'
- This is not easy
- This is not "take a magic pill and get better instantly"
- This is not for people who are only out for themselves and want to recover without having a positive impact on the world by helping others
- Neither my results or my clients results are typical. The people you're going to hear about are hardworking, put in the effort, faced their fears, and did the required work. The results you get are entirely up to you.

If not properly dealt with your PTSD can consume the rest of your life...

You're up against one of the toughest challenges in the world...

I suffered for over 15 long years before finding the way out...

But, there is a way out.

Just by being here you are taking the very first step to recovering...

For me, there was just a single moment in time that started my recovery...

It was the moment when I decided to commit myself 100% to fully healing...no matter what it took...

That was my turning point, and the beginning of my journey to full recovery...

It's my hope that this workbook gives you that same turning point...

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I suffered for 15 long years before finding the way
out...

I am going to show you the exact process that I used to overcome my PTSD and rid myself from my constant night terrors, flashbacks, depression, and crushing anxiety...

The great thing about today is that the internet has broken down the traditional walls of recovery...

You no longer need to spend tens of thousands of dollars to see multiple specialists to get a clear roadmap to healing...

Every single day people are able to heal and recover from home...

There has never been a better time to be alive...And, I am thrilled to be sharing this information with you right now

Now....some of you are probably thinking...

“Who the heck is this kayleen wright person anyways...and why should I listen to her?”

And, that’s a really good question...

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I am going to show you the exact process that I used to overcome my PTSD and rid myself from my constant night terrors, flashbacks, depression, and crushing anxiety.

Kayleen's PTSD Recovery Story

So I want to share a quick story with you to explain who I am and what I do...

My name is Kayleen Wright and after over 15 years I finally overcame my PTSD in under 2 years.

A lot of you might be thinking.

“Oh well I bet you had a ton of support at home and really good insurance and a lot of money and you're ptsd wasn't really that bad” or whatever.


But that couldn't be further from the truth

I know what it's like. I started my journey with PTSD a long time ago but I'd like to just tell you a little bit about me starting from my rock bottom. First off let me say that I'm not about to share anything graphic or detailed, just a little bit about the situation I was in

Four years ago I was at my rock bottom. I felt completely broken from the flashbacks and nightmares I was having from the PTSD I had for over 15 years.

My relationship had completely fallen apart, I lost three jobs in under 3 months, I destroyed almost every relationship I had with my friends, I was abusing alcohol about as often as I was eating meals and there were more holes in the walls of my house than sheetrock.

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Kayleen Wright

- Had (C)PTSD for 15+ years
- Overcame it in under 2 years

Kayleen's PTSD Recovery Story

I had no education, no support and just enough money to last me a month or two, and at the rate I was spending money on alcohol, much less.

On top of that, my boyfriend got PTSD from watching me go through mine and he left me and was suicidal himself.

I thought my life was ruined.

This sent me completely off the deep end. The angry outbursts, the fights, the breakdowns, the screaming matches, the items broken from being thrown across the room had finally gotten too much, for him, for me and for everyone in my life.

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My relationship had completely fallen apart, I
lost three jobs in under 3 months...

Kayleen's PTSD Recovery Story

I was completely alone and felt completely broken.

And it's not like I wasn't trying..

I had been looking for anything and everything that could get me relief from my PTSD for years now. At this point I was grasping at straws, and I didn't understand why the advice given to me by all my therapists, all the books I read and all the websites I spent hours on online didn't work.

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I was completely alone and felt completely broken...

Kayleen's PTSD Recovery Story

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I asked myself...Is this something I have to live with forever?

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I thought it was...

Kayleen's PTSD Recovery Story

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But, I couldn't have been more wrong...

One night I found myself lying on the kitchen floor all alone sticky with spilled alcohol and scattered with pieces of plastic, glass and ceramic from things that had been thrown about the room in fits of rage. The flashbacks and nightmares had gotten so bad that I couldn't leave my house, I couldn't eat and my hands were twice the size they should have been from all the holes I put in the walls and all the dishes I had smashed and the parts of myself I had physically beaten. As I layed on the kitchen floor that night exhausted physically and mentally but unable to sleep or get relief, I decided that I was going to kill myself.

I no longer wanted to hurt the people I loved, I no longer wanted to be a burden and I no longer wanted to be in pain. I simply could not live like this life any longer and nothing seemed to be able to help me get better.

I was tired of the flashbacks.

I was done with the nightmares.

And, I was threw with destroying the ones I loved most.

Kayleen's PTSD Recovery Story

But I did promise my boyfriend something the night he left me.

I promised him that I would do everything I possibly could to get better before giving up.

So I decided to give getting better one last attempt

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So I decided to give it one last try...

Kayleen's PTSD Recovery Story

I decided to spend my entire life savings, over \$10,000...to work all day every day at it, find every resource I could and then when my money and resources ran out and if I still had PTSD which I was sure that I would because I had been working at it for years at this point, that then I would kill myself.

So with the intention of keeping my promise I went back to the drawing board and was up night and day in between flashbacks trying figuring out ways where I could face my past and overcome it once and for all.

In just a few months my life did a complete 180 and in under 2 years there were absolutely no symptoms whatsoever.

I went from being miserable, unambitious, stressed and wanting to kill myself to being excited, happy, calm and obsessed with creating my dream life.

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I decided to spend my life savings, over
\$10,000...

Kayleen's PTSD Recovery Story

I was able to finally sleep through the night...Every night.

I could leave the house and not have anxiety attacks, I never felt angry or threw anything across the room again, no more angry outbursts, no more lashouts

And, I was actually relaxed for the first time in my life, not jumpy not on edge and my heart was completely at ease.

I fixed all the holes in the walls of my house and cleaned up all the messes I had made.

I was finally able to create meaningful relationships and be open with people with no fear of hurting the ones I love and I was actually able to repair my relationship with my boyfriend and help him through his own PTSD.

It's honestly hard to believe how this happened and how quickly it did.

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I was able to finally sleep through the night...

Kayleen's PTSD Recovery Story

And I'll share how I did it with you in a few minutes but I've been there so I know how hard it is for people suffering, and I knew that there was no real road map for people with PTSD to follow.

People suffering with PTSD are all left directionless and we are stuck to fend for ourselves...

And frankly I was tired of it.

So, I decided to do something about it. Once I was sure my PTSD was gone for good, I dedicated my life to helping others through the healing process.

I started with 1 on 1 coaching for 2 years...and found that the methods that healed me were actually working for others.

And to my amazement, even faster than it did for me. Way Faster.

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People suffering with PTSD are all left
directionless and we are stuck to fend for
ourselves...

Kayleen's PTSD Recovery Story

I learned more and more about people's experiences and about all the little nuances that they needed to heal.

But I realized this was something much bigger than me and if I was going to help people all around the world I would have to do something different.

So I compiled all the lessons, resources, actions needed, everything into a comprehensive online recovery platform with live help so I could help thousands of people at once.

And again to my amazement, it succeeded and surpassed my expectations.

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I learned more and more about people's experiences and about all the little nuances that they needed to heal.

Kayleen's PTSD Recovery Story

This is the pinnacle of everything that I've learned from my own journey, and from everyone I've helped along the way.

And now I'm able to help people all around the world.

I've searched every inch of the internet looking for help and couldn't find it...I'm sure you've had the same problem too.

Honestly, if I knew then what I know now I wouldn't have suffered a single year beyond my trauma, nevermind 15 years.

So as you can see I literally went from making the decision to kill myself to helping people recover from their PTSD all around the world and was living my dream life...

And I did all this in under 4 years.

I'm not telling you all that to show off or brag or anything like that because that's not cool and that's not what I'm about.

I share this with you just to show you what's possible.

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Honestly, if I knew then what I know now I wouldn't have suffered a single year beyond my trauma, nevermind 15 years...

Kayleen's PTSD Recovery Story

You don't have to suffer a lifetime like I did.

4 years ago I was on the floor of my kitchen deciding to kill myself, alone with nowhere to go and no one to help me. All I had was ten grand and a promise I made to a loved one.

To be honest with you I didn't go out looking for recovery, I didn't even think that was possible. All I wanted was a few less nightmares and few enough flashbacks and anxiety to hold a job, but what I got was much greater obviously.

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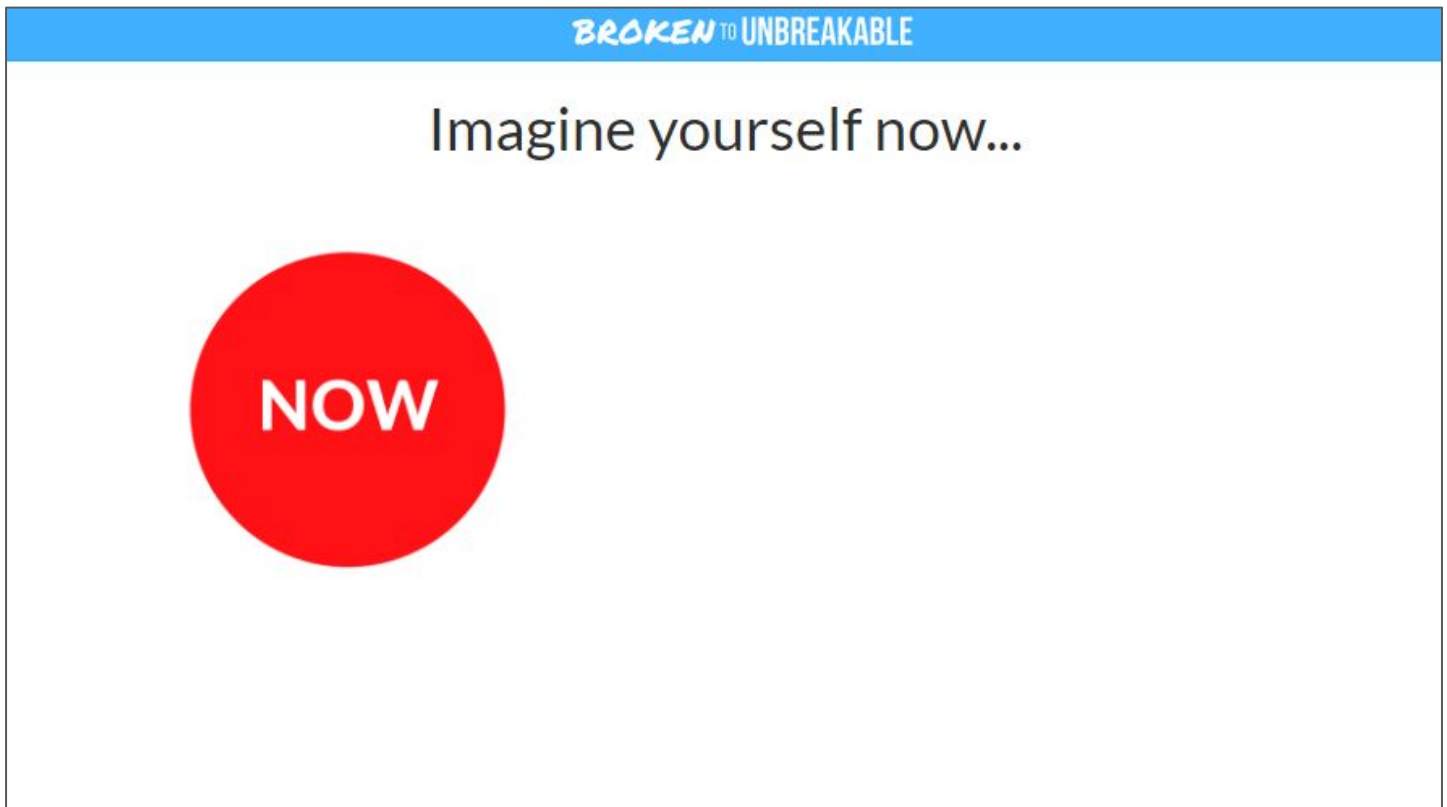
You don't have to suffer a lifetime like I did.

Kayleen's PTSD Recovery Story

What I want you to do now is picture where you are right now, your current situation and what you're doing each day.

Picture everything in your life you can think of for a moment.

Relationships, family, career, business, friends, health. What do they look like, what do they feel like?



Kayleen's PTSD Recovery Story

Then what I want you to do is imagine where you could be in four years. Imagine you had the same progress over the four years that I had. Think about each of those things. What would your relationship look like, your career, your health your sleep? Imagine where you could be.

Now what I want you to do is make the decision that you're going to change things. This is really important.

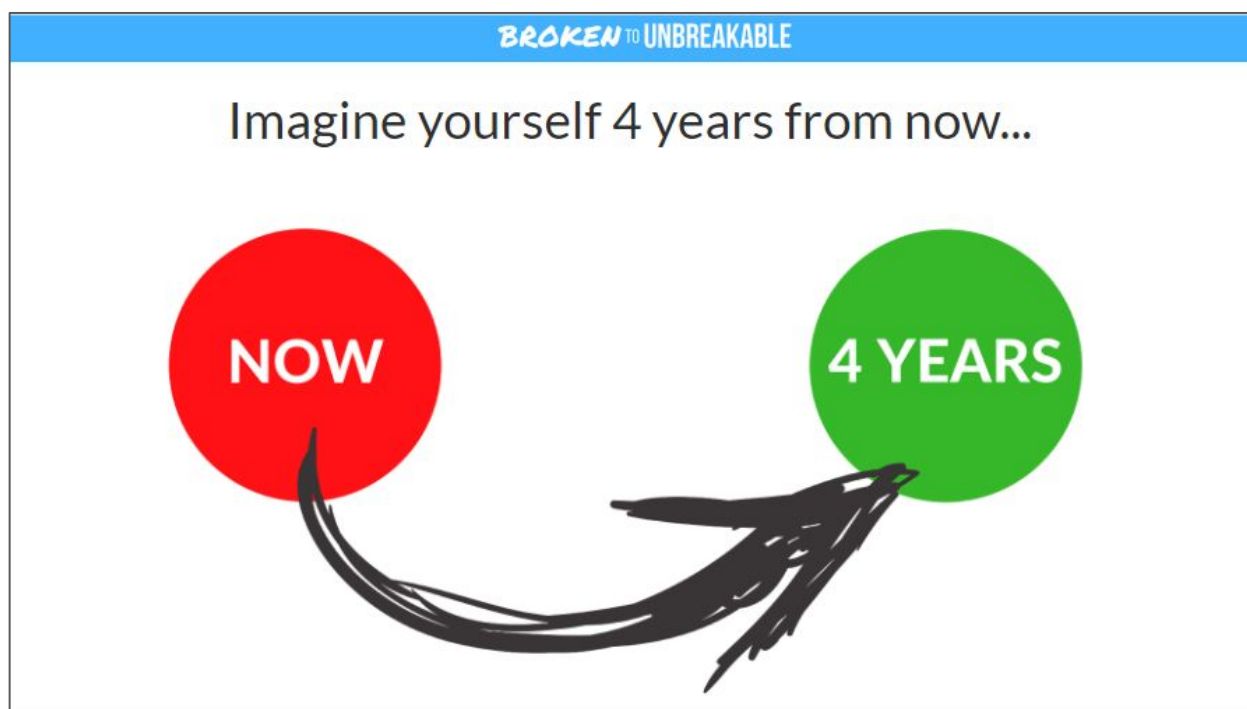
Because when you really think about it, where everything started for me was when I was just laying on my kitchen floor and decided to give this thing one more try. It was just that one decision that started everything for me

It begins with this one decision for you too. In fact it cannot begin until you make this decision.

What I want you to do right now is make that decision. Decide you are going to change things.

Decide you are going to do whatever it takes to achieve these results. To save your relationships, your health, your friendships, your career, your finances and ultimately your life.

I've spent tens of thousands of dollars and years of searching & experimenting to learn this process so I could share it with you in this workbook today.



What Life Looks Like After Recovery

Now let's talk a little more about what life looks like after recovery...

- You can sleep through the night every night.
- You have no more angry outbursts at yourself or at the ones you love.
- There's no more tension, racing heartbeat, or constant stress in your body.
- There's no more panic attacks, night terrors, or flashbacks, that consume your life.
- You have control...Control over your mind. Control over your body, and control over your entire life....
- Your downward spirals are replaced with upward spirals that allow you to chase your dream life, maybe for the first time.
- You have fulfilling, happy, and memorable experiences with loved ones.
- All your energy and focus is freed up so you can focus on creating the best quality of life in every single area of your life.
- And you feel unstoppable and know that you can overcome any future obstacle that life throws at you...because you've defeated one of the most challenging things that life can dish out....
- And you get to give back and help others who are in need and who are suffering...you change lives, and save lives. You can actually make a difference for people and start spreading hope with your success story.

All of this is possible, and more...

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What life looks like after recovery?

- Sleep through the night every night
- No angry outbursts at yourself or at ones you love
- No more tension, racing heart, or constant stress in your body
- No more panic attacks that consume your life
- Control. Over your mind, your body, and your life
- Downward spirals are replaced with upward spirals that allow you to chase your dream life
- Fulfilling, happy, and memorable experiences with loved ones
- All your energy and focus is freed up so you can focus on creating the best quality of life in every area
- You feel unstoppable and know that you can overcome any future obstacle that life throws at you
- You get to give back and help others in need, change lives, and save lives
- All this is possible, and more...

What Life Looks Like After Recovery

But...what if you're thinking..."I'm just not cut out for this"....

Most people with PTSD think things like...."I will never be able to live a normal life" or "I'm broken"....I hear this all the time....

The truth is that most people have some huge misconceptions about PTSD and I want to clear those up right now...

Here are the misconceptions that I hear a lot....that time heals all wounds.

That there is no way to heal...it's impossible.

That I've tried everything, but nothing works...

That I'll never be able to completely heal and live a normal life....

And that I have to live like this forever, just get by, and cope with my symptoms for the rest of my time on this planet.....And I'm here to tell you that....

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But, what if you're thinking...
"I'm just not 'cut out' for this"

What Life Looks Like After Recovery

These are all wrong. Time doesn't heal all wounds. There is a way to heal, and hundreds of thousands if not millions of people around the world have done it. **You can live a normal life that isn't filled with flashbacks and nightmares.** And you don't have to live like this forever. It's easy to get caught up in these negative thought patterns, but it's important to know that these are all myths about PTSD and about PTSD recovery, and I just wanted to clear them all up now.

Time doesn't heal all wounds. I lived with it for over 15 years... I know people who have lived with it for over 80 years, and others who have lived with it their entire lives. They believed that if they just ignored it, it would heal and go away...and that's just not true.

Time is out of your control, do you really want to put your faith, your life, and your future in something that you have no control over?

And ultimately putting your life in the hands of time is a gamble...

You are better off betting everything on a drunken bet in Las Vegas.

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Misconceptions about PTSD

- Time heals all wounds
- There is no way to heal it, it's impossible
- I've tried everything, but nothing works
- I'll never be able to get my life back and live a normal life
- I have to live with this forever, just get by, and cope with my symptoms for the rest of my time on this planet

WRONG

What Life Looks Like After Recovery

So, you can take a chance and gamble your life, future, and loved ones away hoping that time will heal...

Or...

You can take recovery into your own hands, take action, and finally kick PTSD out of your life for good.....

And, you can start right now...

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You can take recovery into your own hands, take action, and finally kick PTSD out of your life for good

The Only 3 Things You Need To Overcome PTSD For Good

Now, we are going to talk about the only 3 things you need to overcome PTSD for good...

When it comes to fully recovering from PTSD, you want to focus on these 3 things, and nothing else....

Here are the 3 things....

One, you need to master your mindset.....Two, you need a process to consistently heal...and three, you need a way to eliminate your symptoms permanently...

Now that you know what the 3 steps are, let's drill down and look at each one of them so you can implement them in your own life right now....

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3 Things To Overcome PTSD For Good

- 1**
MASTER YOUR MINDSET
- 2**
A PROCESS TO CONSISTENTLY HEAL
- 3**
A WAY TO ELIMINATE SYMPTOMS PERMANENTLY

The Only 3 Things You Need To Overcome PTSD For Good

First you need to master your mindset...

You need to master your mindset to even start your recovery journey...Most people don't even believe that recovery is possible.

Let me ask you a question...

If you don't believe that you can recover...Then how much effort are you going to put into recovering?

The answer is....Not much...

And, if you don't believe that you can live a normal life...Then do you think you are going to put in the necessary effort to face your fears and process the past?

The answer is...

Probably not.

So, if you're putting in little to no effort in recovering then it's likely that you will never recover....this is why mastering your mindset is the very first step. You have to get things right in your mind first before anything can happen....

BROKEN TO UNBREAKABLE

So, if you're putting in little to no effort in recovering then it's likely that you will never recover...

The Only 3 Things You Need To Overcome PTSD For Good

Your belief is the first step to recovering...

And every belief starts with a thought....

Have you been wondering..

- **How I was able to heal my flashbacks, nightmares, panic attacks, angry outbursts, and uncontrollable emotions for good?**
- **How I was able to go from completely broken with absolutely no hope to feeling excited everyday and living my dream life?**
- **How I did all the things I wasn't supposed to be able to do, and fully recover with no relapse whatsoever?**
- **How did I do it?**

The biggest blocker to my success was myself and my thoughts about recovery...

BROKEN TO UNBREAKABLE

Have you been wondering..

The Only 3 Things You Need To Overcome PTSD For Good

Here are some things that I struggled with...

- **I wanted to have a great relationship with my loved ones...**but I was always on edge and constantly flew off the handle at small things
- **I wanted to live a normal life.....**But I was losing over 90% of my days to nightmares and flashbacks, I was stuck in a cycle of downward destructive spirals, and I couldn't even hold a job....
- **I wanted to wake up excited for the day ahead....**But I was so tired anxious, and depressed from a night filled with night terrors and panic attacks....
- **I wanted to face my past and process it....**But I was so afraid that it would only make things worse....
- **And....I wanted to get help...**But I was too embarrassed to admit that I needed it...

It didn't matter how much effort I put in...

I was still spinning my wheels with no progress to show for it...

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My struggle, doubt, anxiety, and pain

- **Wanted to have a great relationship with my loved ones** - But I was always 'on edge' and constantly flew off the handle at small things
- **Wanted to live a normal life** - But I was losing over 90% of my day to nightmares and flashbacks, was stuck in a cycle of downward destructive spirals, and couldn't even hold a job
- **Wanted to wake up excited for the day ahead** - But I was so tired, anxious, and depressed from a night filled with night terrors and panic attacks.
- **Wanted to face my past and process it** - But I was so afraid that it would only make things worse
- **I wanted to get help** - But I was too embarrassed to admit that I needed it

The Only 3 Things You Need To Overcome PTSD For Good

Because deep inside I didn't believe it was even possible...

If you never change your beliefs about PTSD....

If you believe that you are broken...

Then it's likely that you'll never recover...

But.....It's not your fault if this is what you believe right now...

BROKEN TO **UNBREAKABLE**

But, it's not your fault if this is what you believe...

The Only 3 Things You Need To Overcome PTSD For Good

Because there's an epidemic of negativity....

And the whole world is against you....

You are being bombarded every single day with people telling you that you are broken, and that you'll have to cope forever...

I've even gone to see professionals who told me that I just had to accept that I had to live with my nightmares, flashbacks, and constant anxiety forever...They just said...accept it and move on.They said there was nothing to do, but try and cope the best you can for the rest of your life.

I'm glad didn't believe them.

But...the good news is that every last one of us is capable of changing our beliefs...

We are not stuck where we are...

BROKEN TO UNBREAKABLE

And, the whole world is against you.



The Only 3 Things You Need To Overcome PTSD For Good

Okay, so...how do we change our beliefs then? To know how to change beliefs we have to first know how beliefs are formed...

Let me introduce you to the belief cycle, it shows us how beliefs are formed overtime, and how they can compound and spiral us up or down....

Let's start at the top here with thoughts. Thoughts or interpretations of experiences are what form our beliefs.

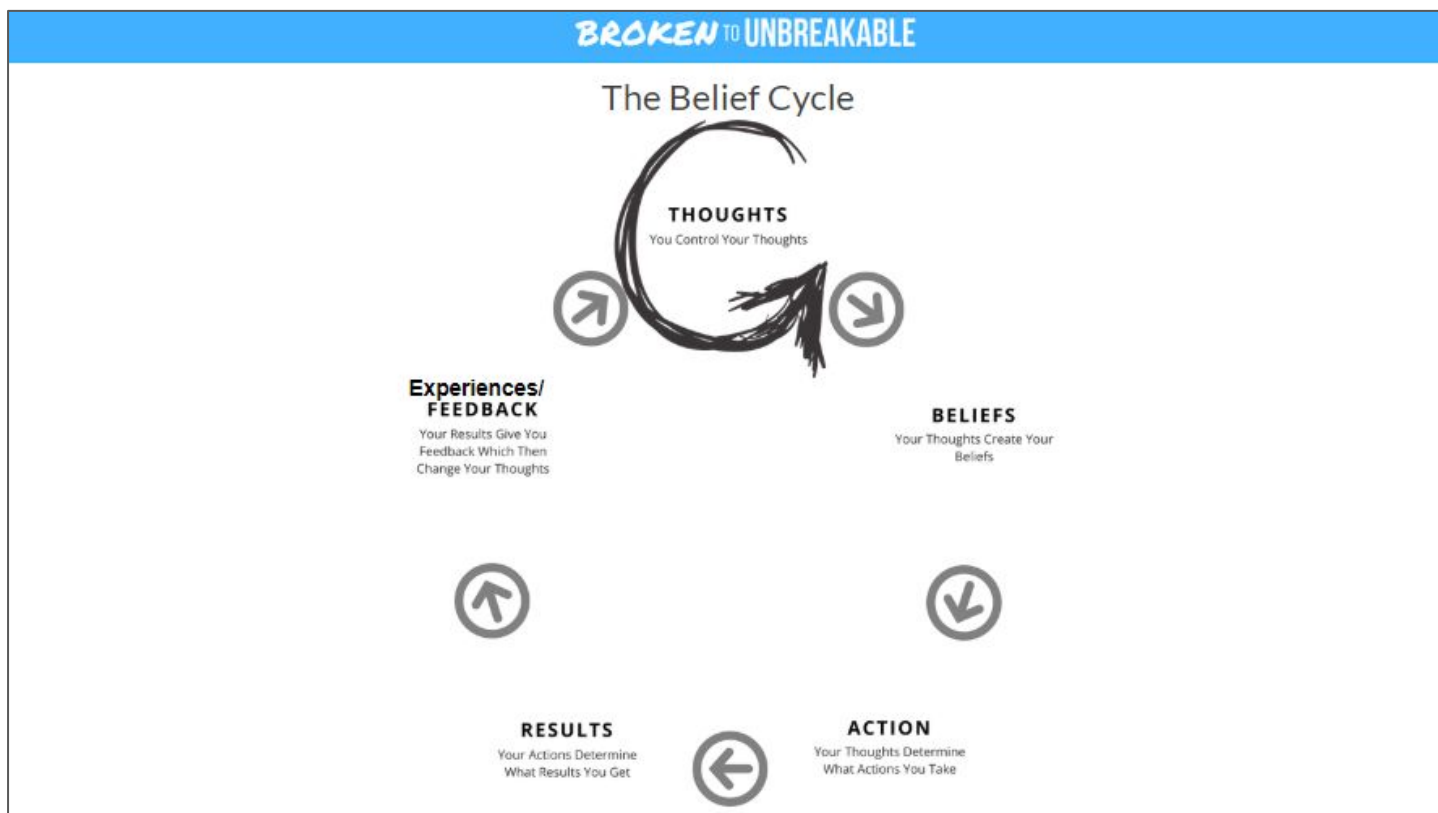
So our thoughts control our beliefs.

Our beliefs drive our actions

Actions drive our results

which gives us feedback or experiences

which then drive our thoughts. And then the cycle begins again. Each time you go through this cycle you strengthen or weaken your beliefs based on your thoughts. Now We are in control of our thoughts and we can change our thoughts.



The Only 3 Things You Need To Overcome PTSD For Good

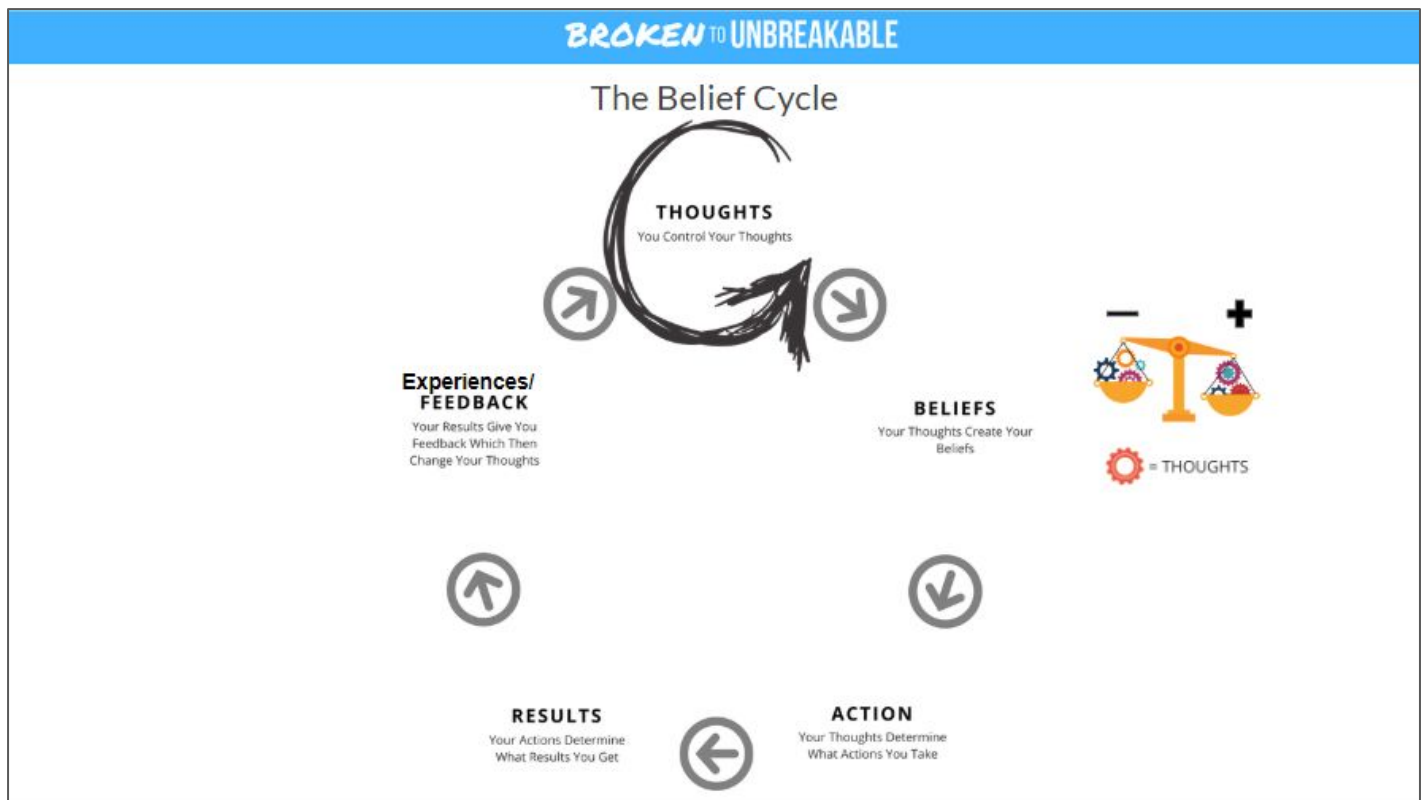
So, depending on our thoughts or our interpretations about experiences we control how we feed our belief scale.

The belief scale is fairly simple to understand. One side is positive and one side is negative. Think about your thoughts as a piece of gold.

Everytime we experience something and interpret our thoughts will place a piece of gold on either side of the scale.

Now this can work for you or against you. No matter which side of the scale you place a thought or interpretation on, it will tip to that side.

However, because this is a cycle your thoughts will reinforce the previous thought patterns in the cycle. Meaning that it is really really really easy to tip the scale, because it feeds itself.



The Only 3 Things You Need To Overcome PTSD For Good

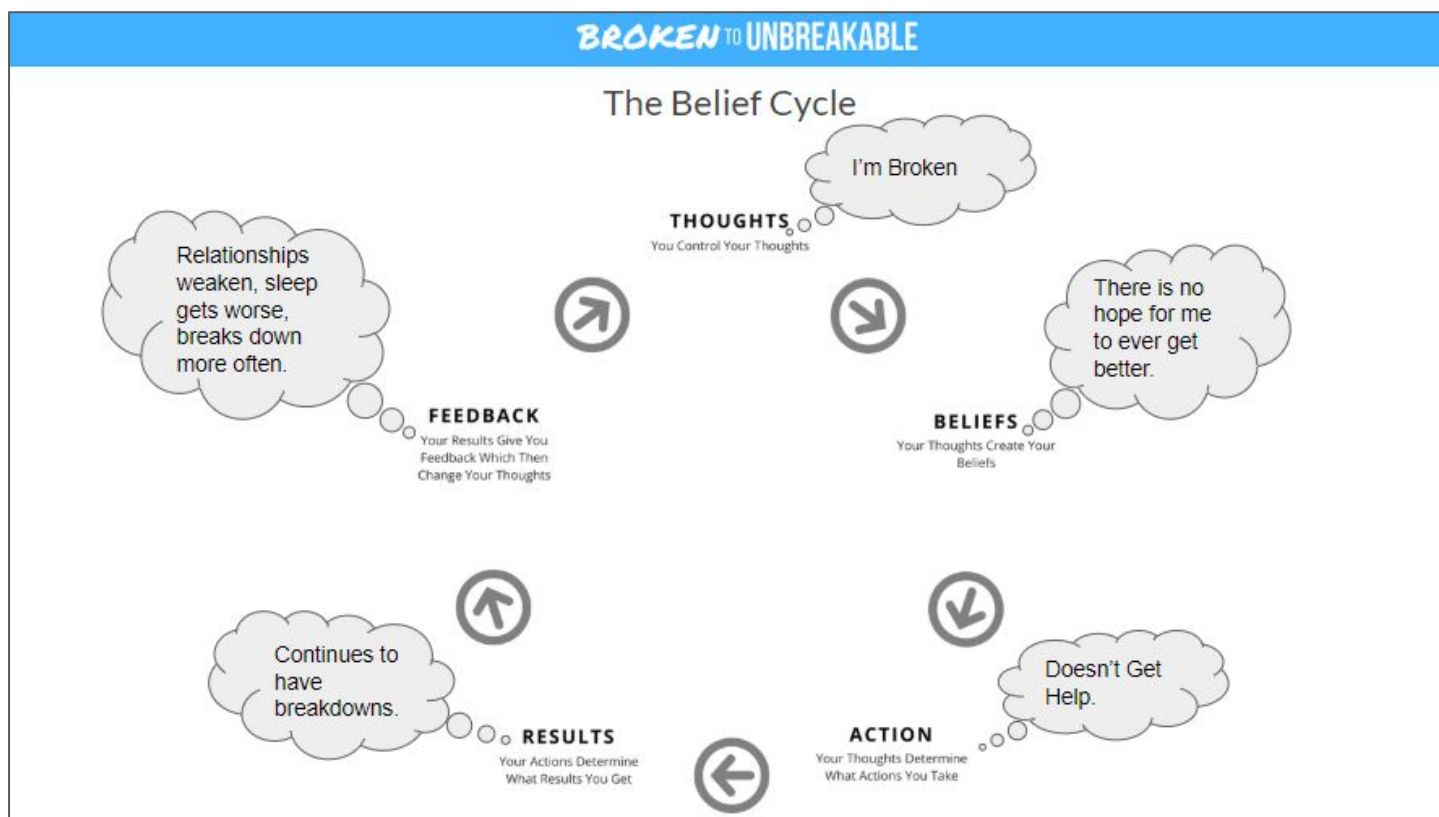
So, how on earth does this relate to your PTSD? Let's look at an example now to help you understand this cycle more...

Let's take a look at our belief cycle with a common PTSD thought. This is something I thought for almost 17 years and almost every one of my clients expresses this belief to me. Staring at the top with the thought of "I'm Broken" feeding the belief that there is no hope and you will never get better.

Your hopeless belief leads to little if any action and you don't get the help you know you need.

If you don't get the help you need, you're going to continue to feel they way you feel and continue breaking down.

Your continued breakdowns take a toll on your relationships and every other aspect of your life. As your life slowly begins to lose its quality, you reinforce the belief that you are broken and thus continue down your negative spiral tipping your belief scale all the way negative.



The Only 3 Things You Need To Overcome PTSD For Good

Now, if you believe you're broken, it's not your fault.

What you've been through has been extremely taxing on your entire life. I know, i've been there too.

But, and this is important. It is your responsibility to decide if you hold on to that broken belief.

Like I said, this cycle can for for you or against you....

This cycle is how negative thoughts, or positive thoughts can spiral you up or down exponentially.....

When my beliefs didn't support my recovery it was like something was holding me back...

BROKEN TO UNBREAKABLE

This is how negative thoughts or positive thoughts can spiral you up or down exponentially



The Only 3 Things You Need To Overcome PTSD For Good

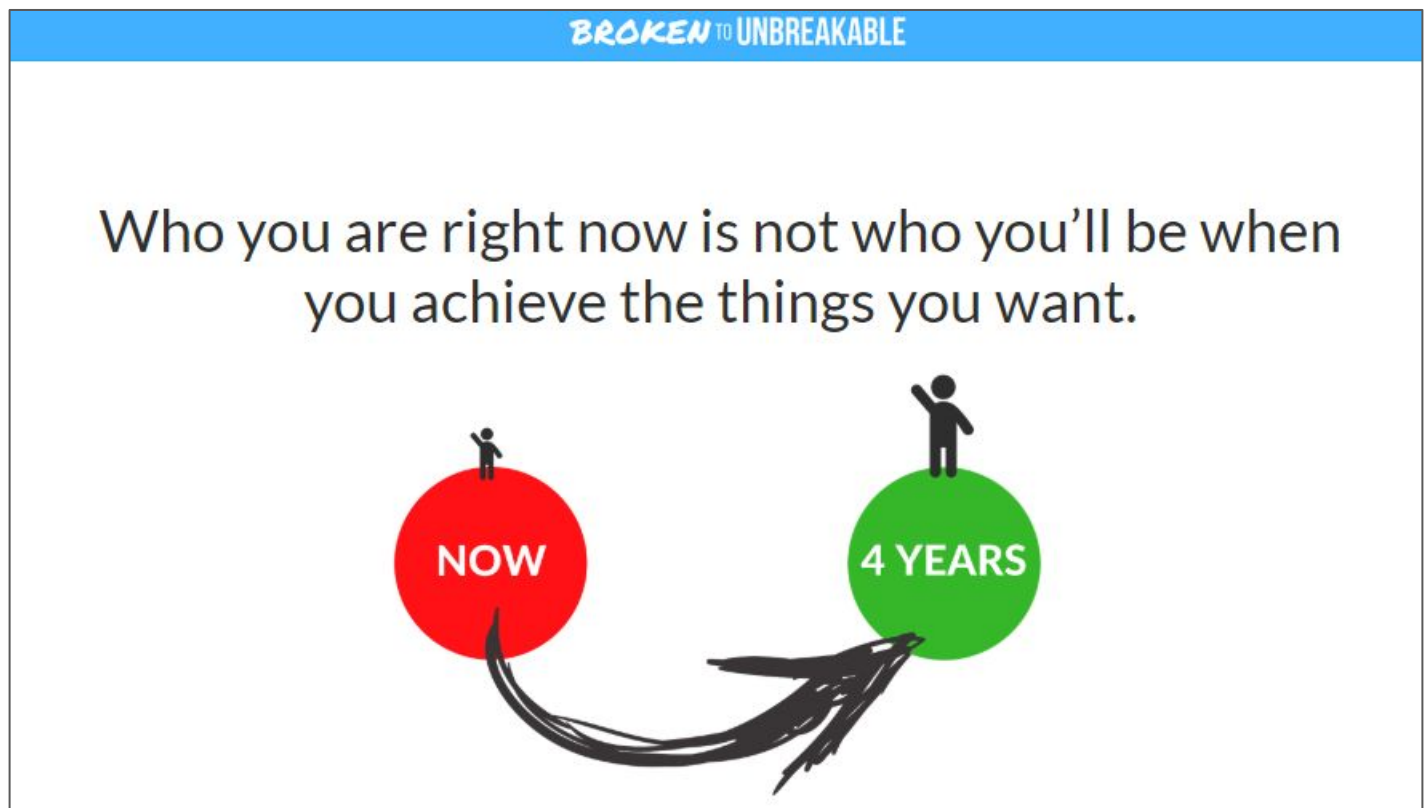
After witnessing thousands of people recover from PTSD...

The one thing that made sure they saw their recovery through 100% was their belief about recovery...

And...who you are right now is not who you'll be when you achieve the things you want...your beliefs will be different, your actions will be different, and ultimately you will be different. and you will get different results because of it. So you will need to change into that new person.

But why do you need to change?

There is a gap between who you are now and who you want to be and what you want to achieve. You are going to have to change to fully recover. I am not the same person I was 4 years ago lying on the kitchen floor.



The Only 3 Things You Need To Overcome PTSD For Good

So you are going to have to change old beliefs like.....

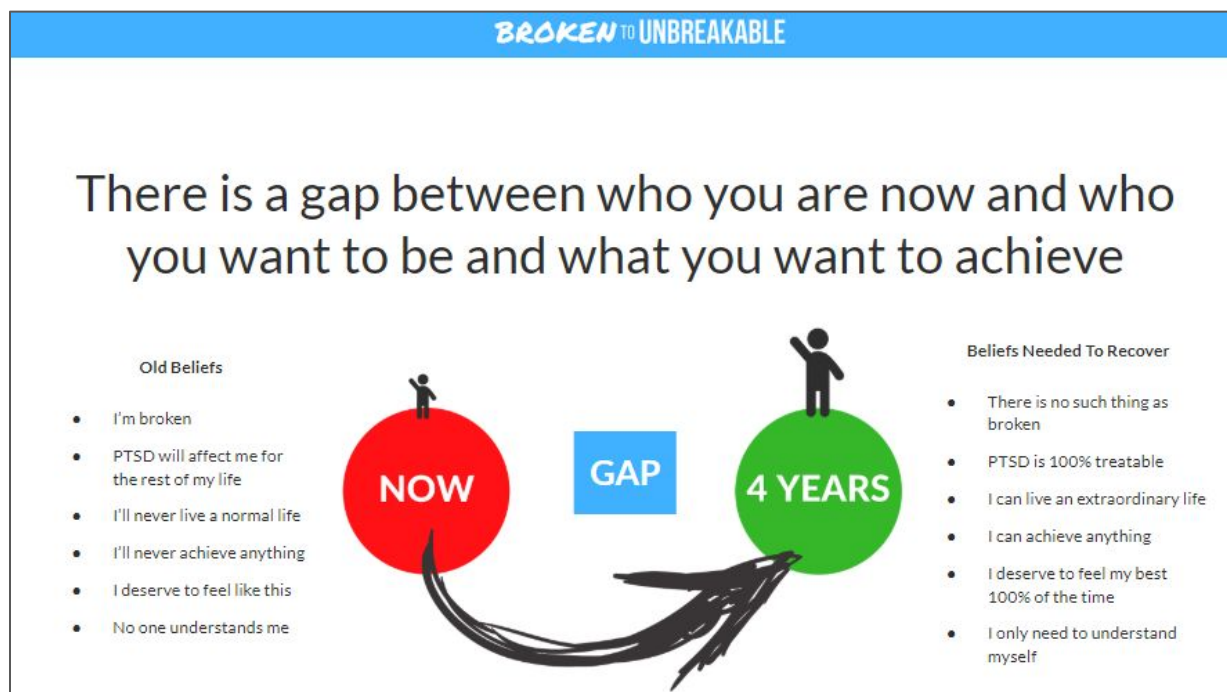
- I'm broken
- PTSD will affect me for the rest of my life
- I'll never live a normal life
- I'll never achieve anything
- I deserve to feel like this, and
- no one understands me

You are going to have to change those to get different results...

And you're going to have to change these Old harmful beliefs to new positive beliefs like...

- There is no such thing as broken,
- PTSD is 100% treatable,
- I can live an extraordinary life,
- I can achieve anything,
- I deserve to feel my best 100% of the time,
- and I only need to understand myself....

And you might be thinking....can that be done? Can I transform my beliefs? And the answer is. Yes. You can.



The Only 3 Things You Need To Overcome PTSD For Good

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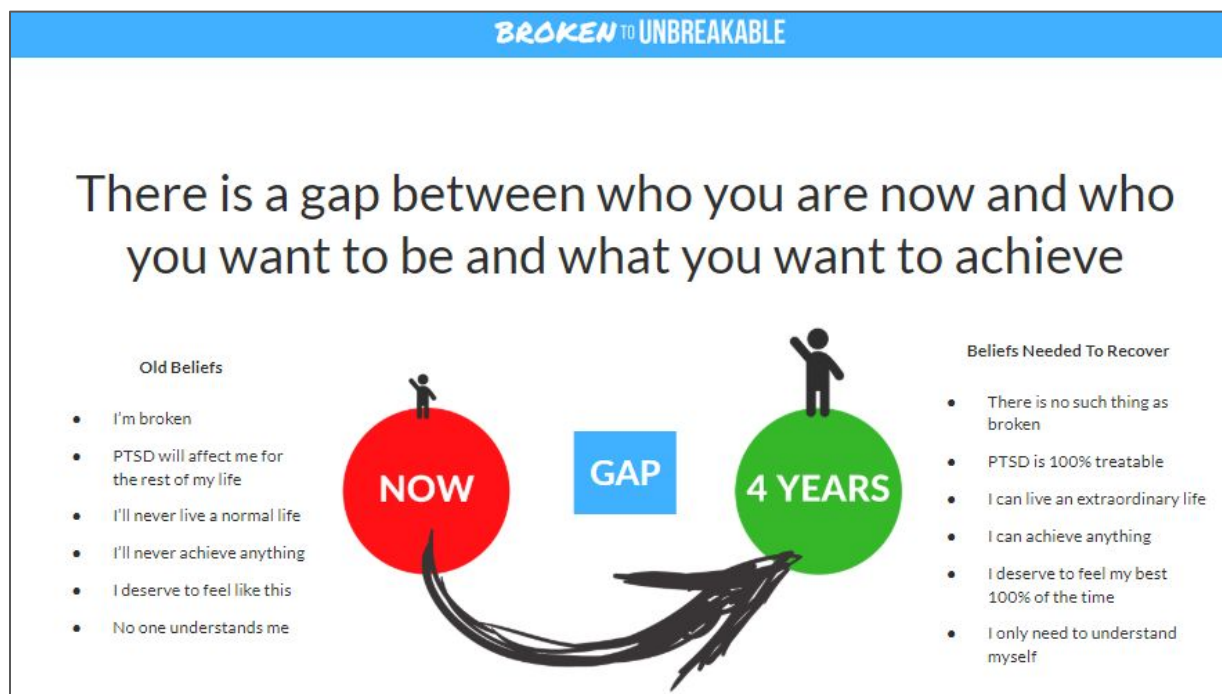
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The Only 3 Things You Need To Overcome PTSD For Good

And now I'm going to show you how it's done...

Reprogramming your mind...

Most people don't really think that they can change...

They think talented people are born that way, that people are born with certain advantages and disadvantages that you can never overcome...

When it comes to your goals and dreams...

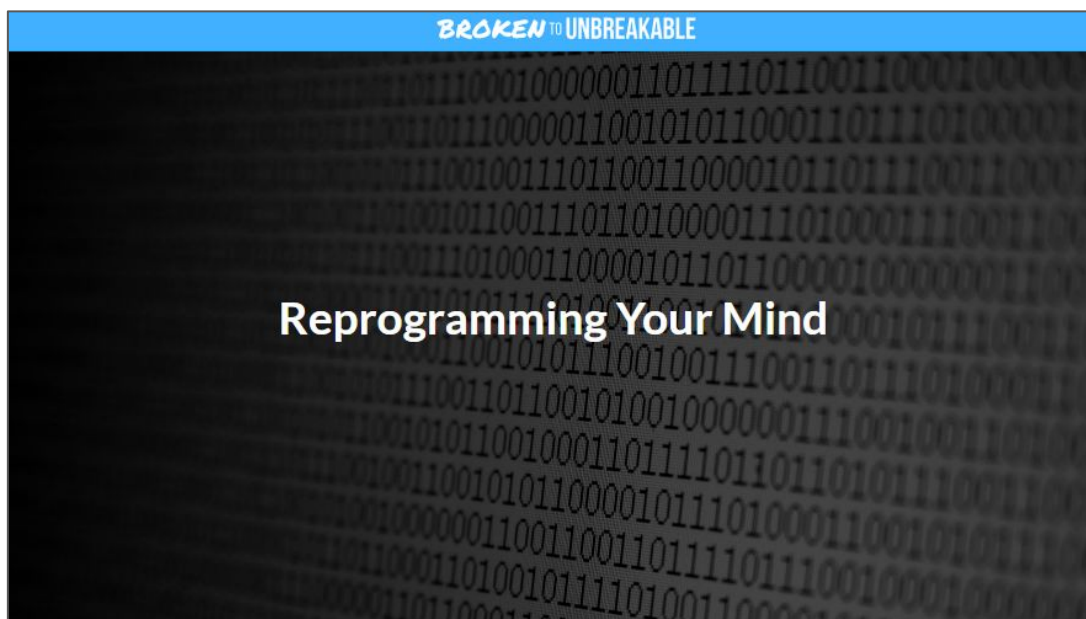
The biggest thing standing in your way is your perception of yourself.

Here's the hack..

I'm going to show you the first step to changing your broken beliefs into powerful unbreakable ones...

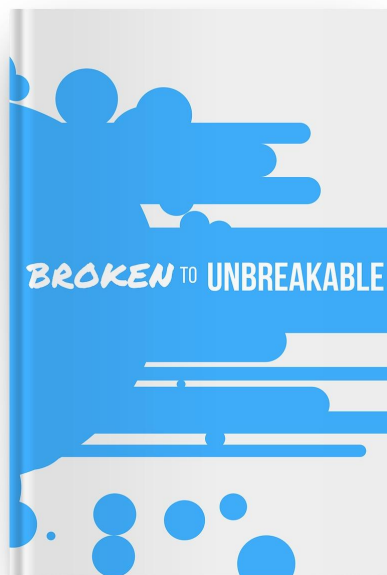
- It's how to find your reason to recover...
- To find the 'why' behind your recovery...

Every client I have starts with this...



The Only 3 Things You Need To Overcome PTSD For Good

Alright, so I'm taking you through the transfiguration workbook...we give a physical version to all our clients, and this thing is a beast, it's over 200 pages of recovery information, worksheets, and exercises...people always say this is the thing that really opened their eyes to a lot of things that they didn't even know was happening.



The Only 3 Things You Need To Overcome PTSD For Good

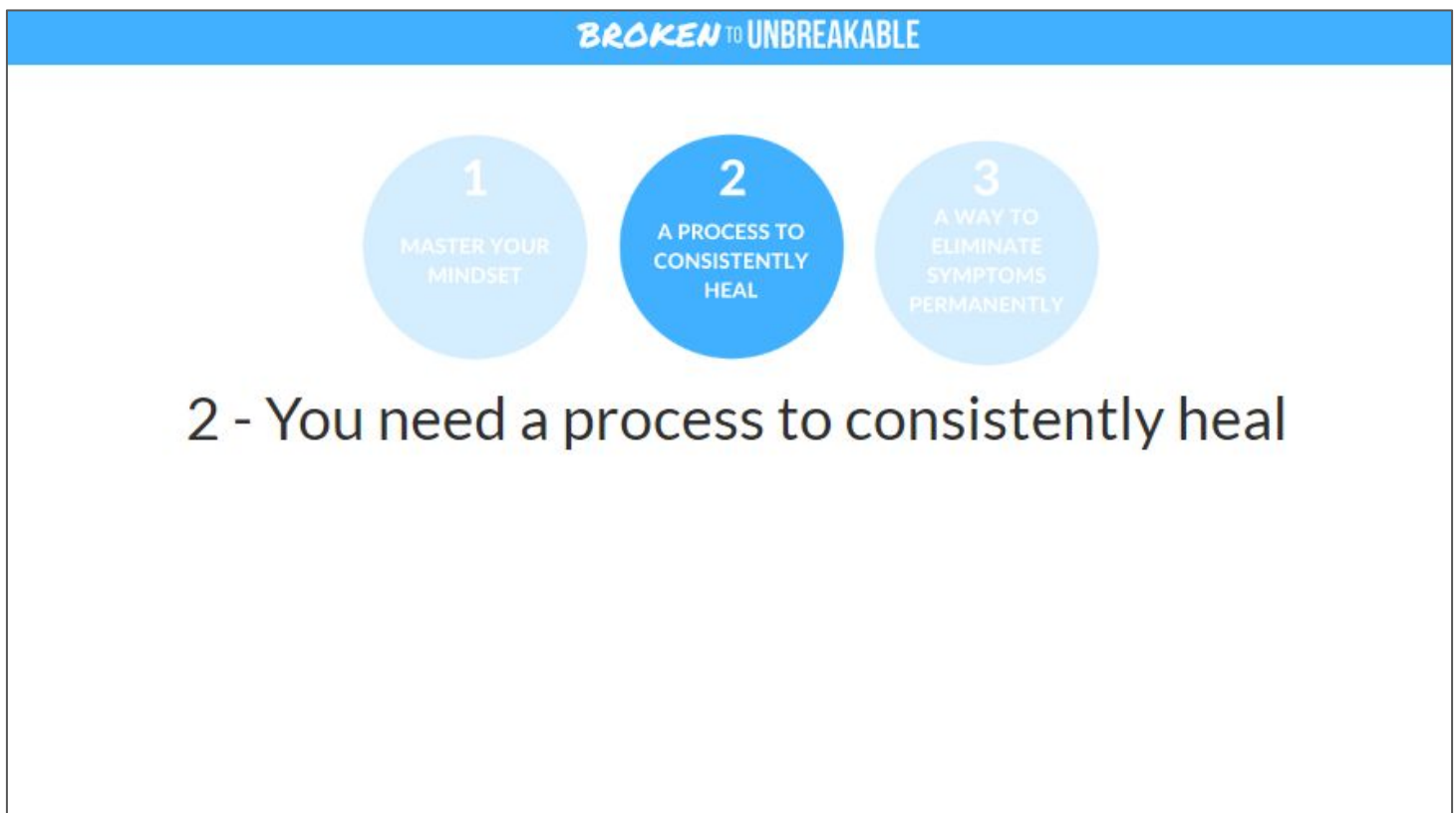
Alright, so now you know the importance of mastering your mindset, and you know the first step to getting started on your path to full recovery. Now, you need a process to consistently heal...

Have you ever wondered why you feel stuck in a constant cycle of ups and downs?

Or, why you seem to get better for a little bit, but always spiral back down?

Here's why...

First we are going to look at something called your pattern of existence...the pattern that has been present in your life whether you know it or not.



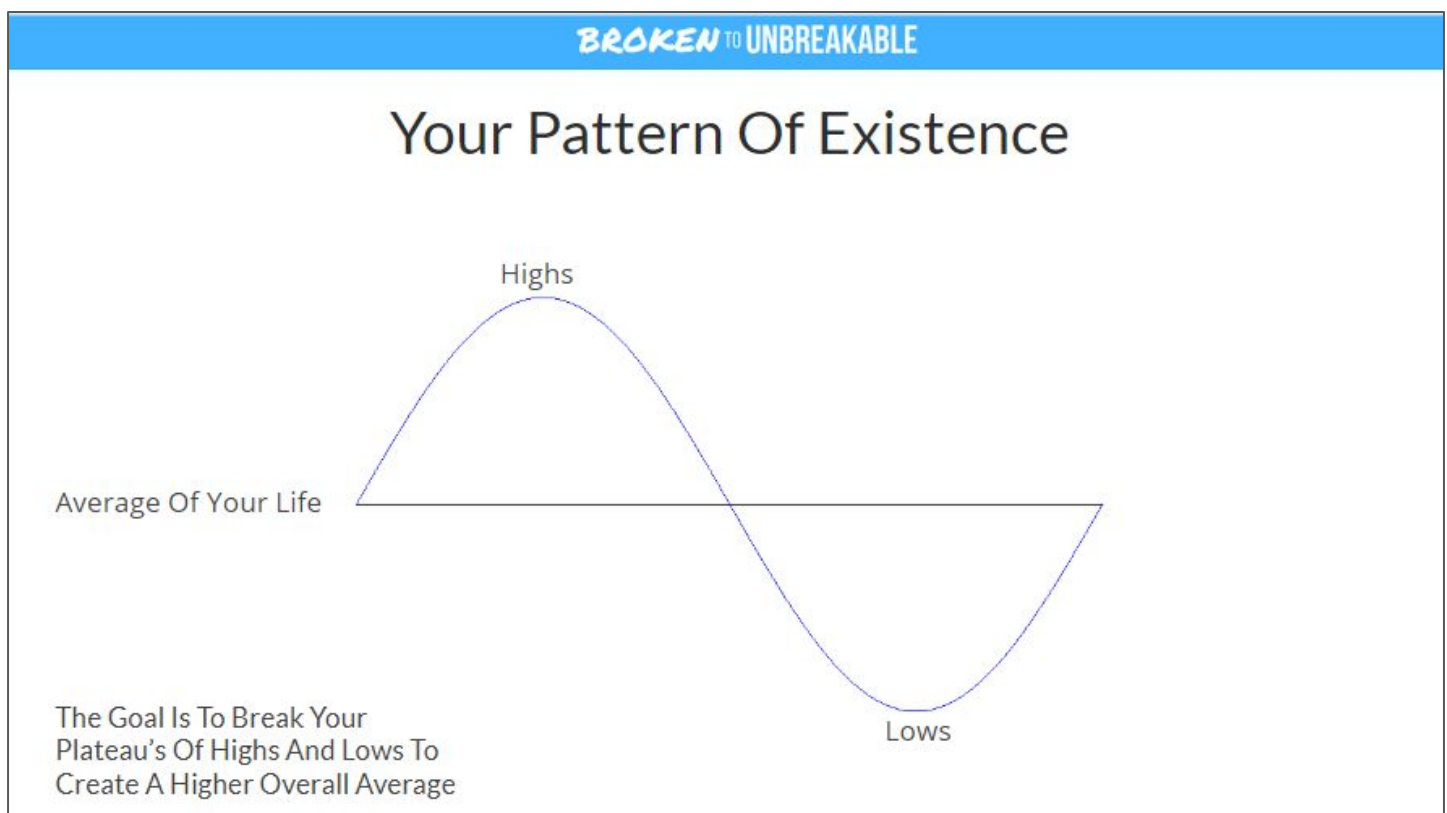
The Only 3 Things You Need To Overcome PTSD For Good

Your pattern of existence is the cycle by which you lead your life, your highest highs and your lowest lows in each area.

All of us live a series of highs and lows that average out into our overall happiness, health, cleanliness...everything.

This diagram here represents how our lives go in all areas. We experience this series of highs and lows that create a waveform like diagram. And the average of the highs and lows create the average of your life. Again this is in every area.

When you are riding the waveform up you eventually get to a plateau where you become satisfied and stop doing the things that got you to that point...then since you stopped doing what got you the success you start slowly declining and eventually reach a certain low point where you go into 'panic mode' and work really really hard to get yourself back on track...then that cycle continues for the rest of your life.

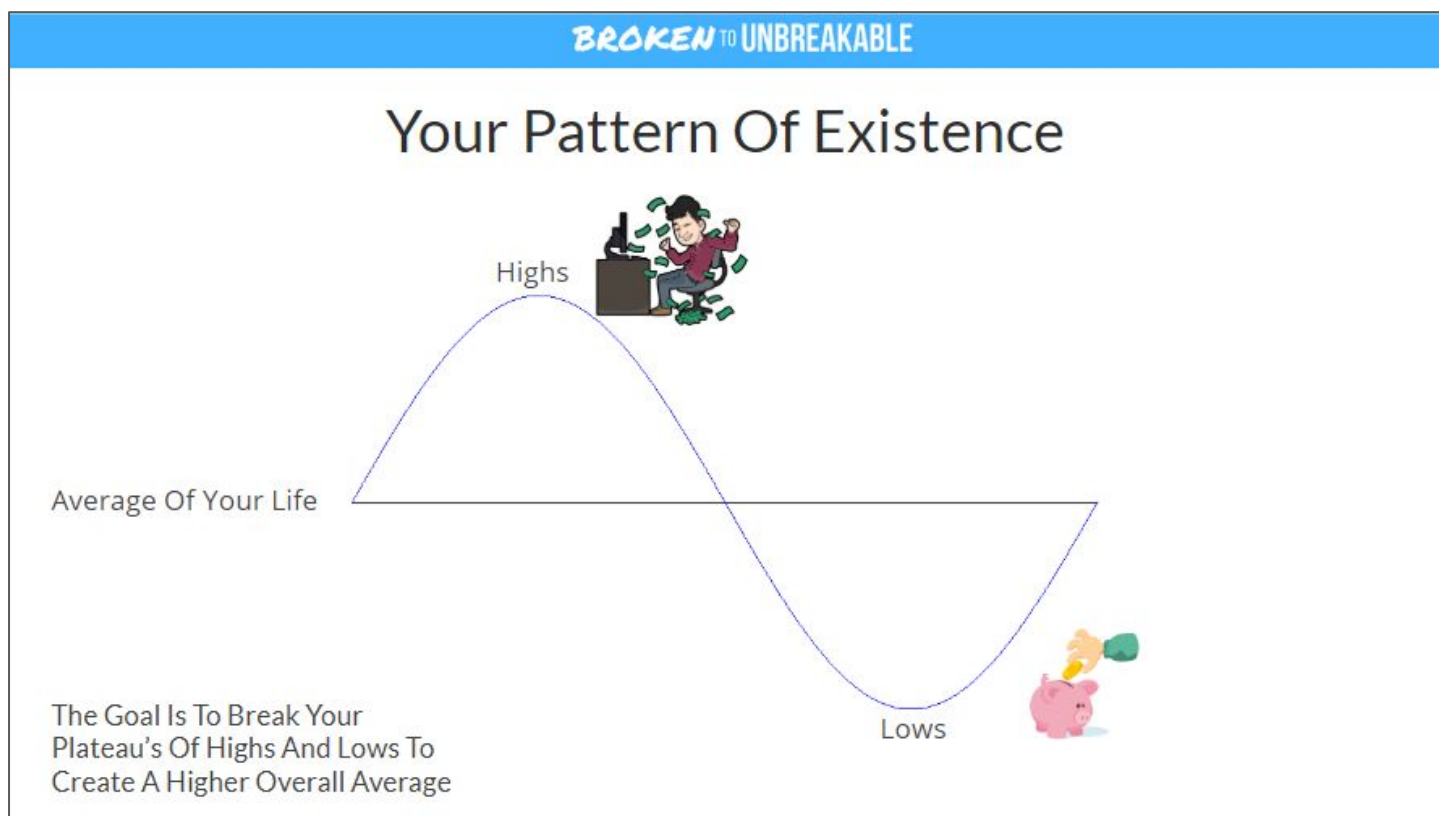


The Only 3 Things You Need To Overcome PTSD For Good

This is why people seem to have the same problems over and over, because they keep repeating the same cycle unconsciously. Most people are not aware of their pattern of existence, but we all have them...

And in every area of your life, a great example can be with your finances...maybe you save a certain amount of money...you'll find that there is a high point (let's say it's \$3,000), and then you start to ease off, and think "man I've been doing such a good job saving I deserve a reward. maybe you start to go out to eat, you buy some new clothes, buy a big screen TV, things like that...until before you know it you've reached your low, or panic point (And let's say that is \$500)....

When you hit \$500 you go into overdrive, the lid is on, and you go into pure conservation mode...no more date nights, no more going to the movies...we're watching netflix again tonight honnay!....and you save your money until you hit your high point again.



The Only 3 Things You Need To Overcome PTSD For Good

Now this is a silly example, but again this applies to everything in your life. So let's apply it to your Happiness. For me I would have cycles of sadness and happiness, and that pattern kept repeating and repeating until I was able to catch it and become aware of it. I would allow myself to get to a certain high point of happiness, become satisfied, and think that it would always be like that...So I would watch more TV and stop spending quality time with my boyfriend and dog, maybe buy a carton of ice cream or two and stop eating healthy which made me feel sluggish, and I'd stop playing guitar regularly...When I was at my happiest I thought that my happiness would continue to grow regardless of what I was doing...So things would decline until I got to a really low point when I would finally turn things around again....and the pattern would repeat.

So in regards to PTSD, I see this all the time in people...they live in cycles, and when they realize that they've been living in this cycle unconsciously it opens their eyes to ways they can grow and break out of it.

So I think you get the point by now, but it is so so so important to be aware of how you live and how your PTSD runs in cycles! So, what I want you to do is think about the cycles you are living your life in...how your PTSD runs in cycles, and what affects those cycles...ask yourself, what can I change to ensure that I don't keep repeating the same cycle over and over again. Become aware of your highs and lows.

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The #1 reason why you are stuck in this cycle is
because you don't have a proven process to
consistently heal

The Only 3 Things You Need To Overcome PTSD For Good

Now, the number 1 reason why you are stuck in this cycle is because you don't have a proven process to consistently heal...

What most people do is they start the recovery process and then don't see the results they had hoped for so they quit...

The hardest thing to realize is that we have to keep working for a while consistently before we see any payoff at all...

Consistency in healing is the only magic pill...

BROKEN TO UNBREAKABLE

Consistency in healing is the only magic pill...

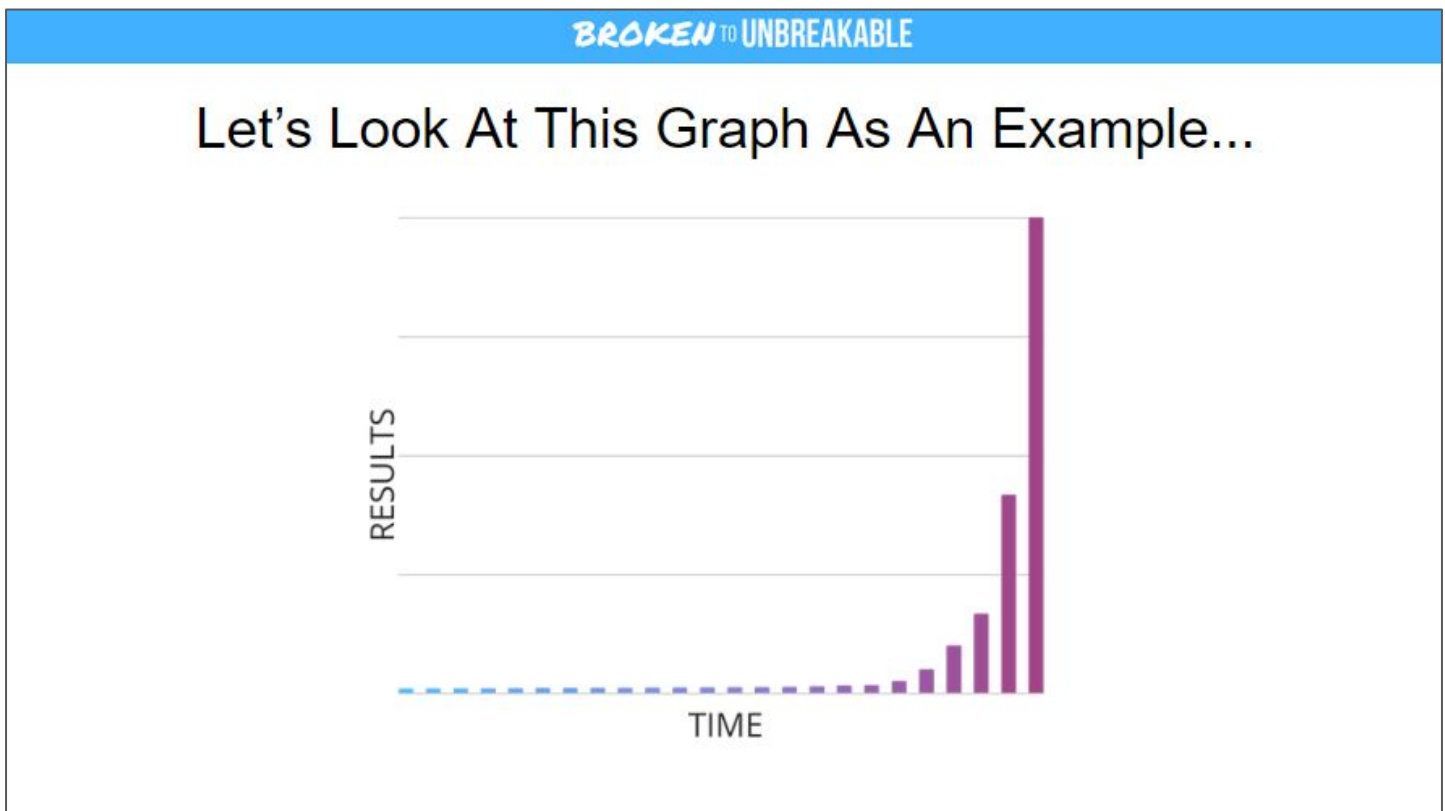
The Only 3 Things You Need To Overcome PTSD For Good

Now what I'm about to show you will change the way to do everything in life...

It's called the compound effect...

Let's take a look at this graph for a second. This graph represents results over time. On the left of the graph is where you first start your journey in almost any arena of life, whether it be your PTSD, you're health, your finances, your business, whatever. All that matters is that you are starting with zero results...And if you look at the graph you can see that you are taking action towards your goal and are seeing almost no results from it.

You work and work and work and work and are getting little to no results, but then there becomes a point after all your consistent effort where you start to gain a little traction...you get some small wins, and they build to bigger wins, and bigger and bigger ones, until you are literally off the chart...but the point that this graph makes is that it takes a LOT of consistent effort over time before you start to see results at all. And as you can see if given enough time and effort you will achieve results that grow exponentially.



The Only 3 Things You Need To Overcome PTSD For Good

Most people quit on themselves because they are thinking short term, and have seen little immediate progress...

And, most people are led to believe that everything is supposed to happen overnight...

And that's just not true.

So looking back at our diagram I can show you exactly where most people quit...

We know already that it takes consistent effort to gain massive results, but most people don't know that. And just by you knowing this gives you a huge advantage on your recovery and all other areas of your life. Most people quit in the early stages where they are seeing little to no results, they may even work for a quite a while and see little to no results.

But, in the long run they end up quitting because they don't think it's possible. This is insanely important to your recovery, you can see that it may take some time before you see the tangible results that you are hoping for...everyone's recovery will look different and will take different periods of time, but I can say that you will recover if you keep working towards getting better, and the only way for you to not get better is if you quit...and if you quit, you're probably quitting right before you start to see the results of all your effort. If you quit all the work and momentum you've built will have gone to waste.



The Only 3 Things You Need To Overcome PTSD For Good

Albert Einstein said it best when he said... ***You never fail until you stop trying...***

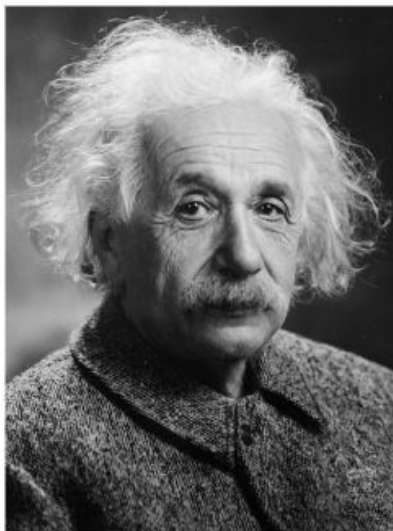
But, if you've found yourself wanting to give up it's not your fault...

You just haven't had a proven process to consistently heal...

Now, you're probably thinking... "Okay, okay, I know WHY I need to be consistent, but HOW and WHAT do I do?"

The best way to stay consistent and break your pattern of existence is by...

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**“You Never Fail Until You Stop Trying”
-Albert Einstein**

The Only 3 Things You Need To Overcome PTSD For Good

Creating the right habits around recovery...

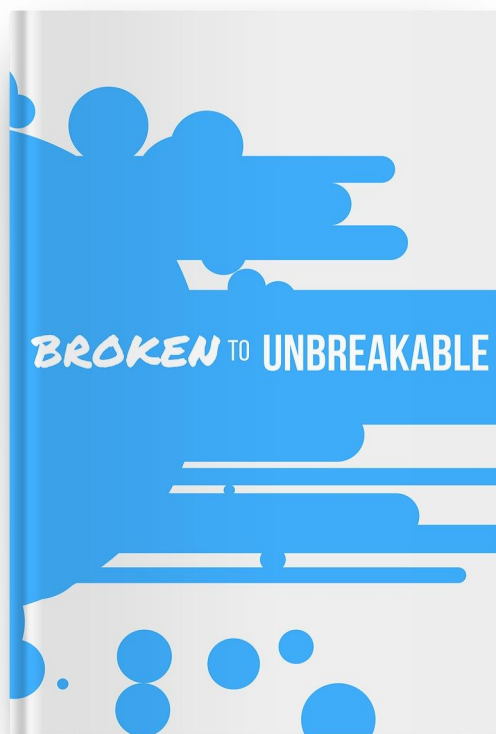
But, then you have to ask...

What habits do I have to make?

And what habits do I have to break?

Well, I've created a document that gives you the answers to all these questions...

Let's look at it now...



The Only 3 Things You Need To Overcome PTSD For Good

Great, so now you know the first two steps to full recovery...now let's talk about the last one...You need a way to eliminate symptoms permanently.

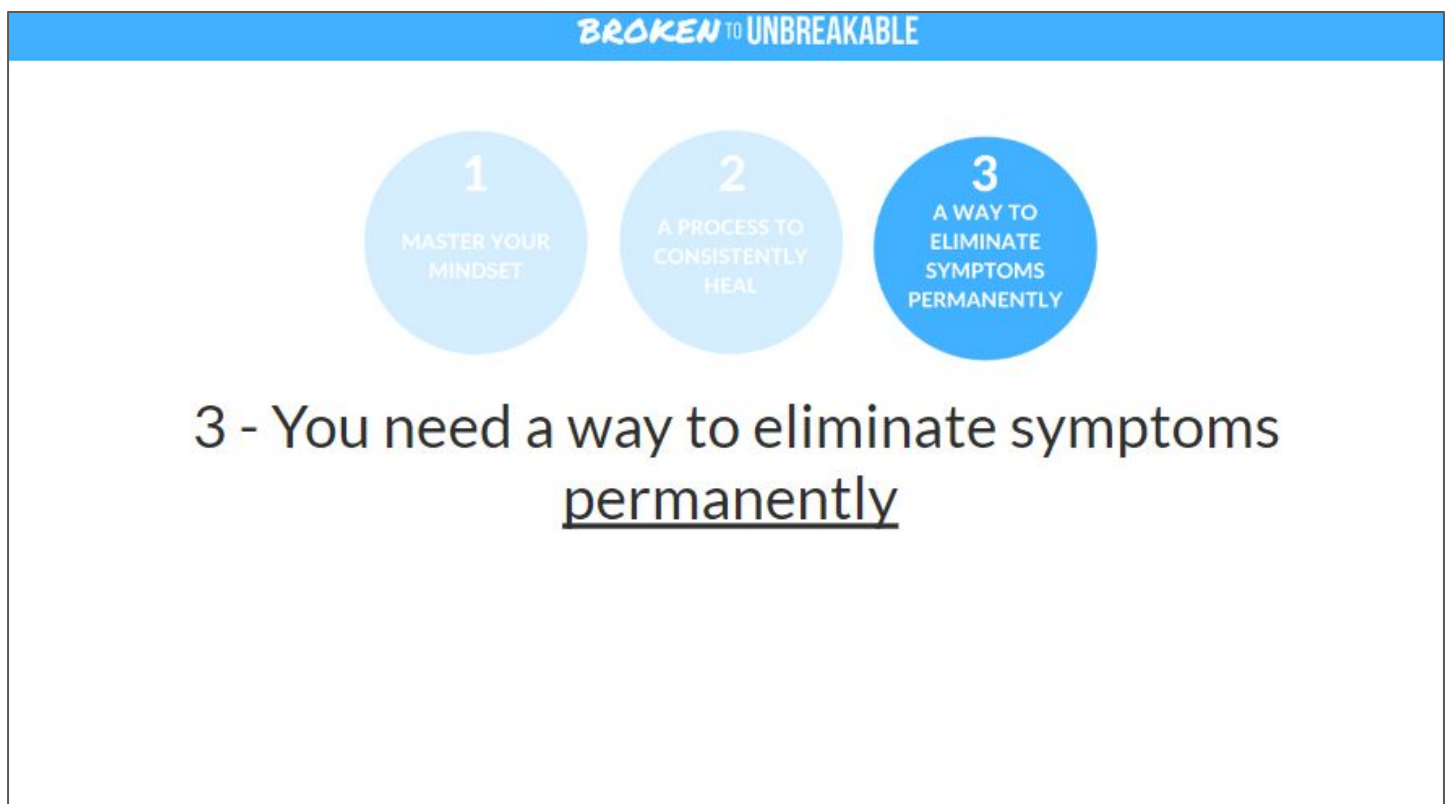
Without a process to eliminate your symptoms permanently you will be bound to just coping for the rest of your life...

Once you process the past in the right way you will no longer be triggered, will no longer have sleepless nights, and will finally be able to live a normal life again...

What I'm about to share with you is the exact same strategy myself and my clients use to overcome their most severe PTSD symptoms for good...

Before we jump into that...

We need to know how and why we have these symptoms in the first place...



The Only 3 Things You Need To Overcome PTSD For Good

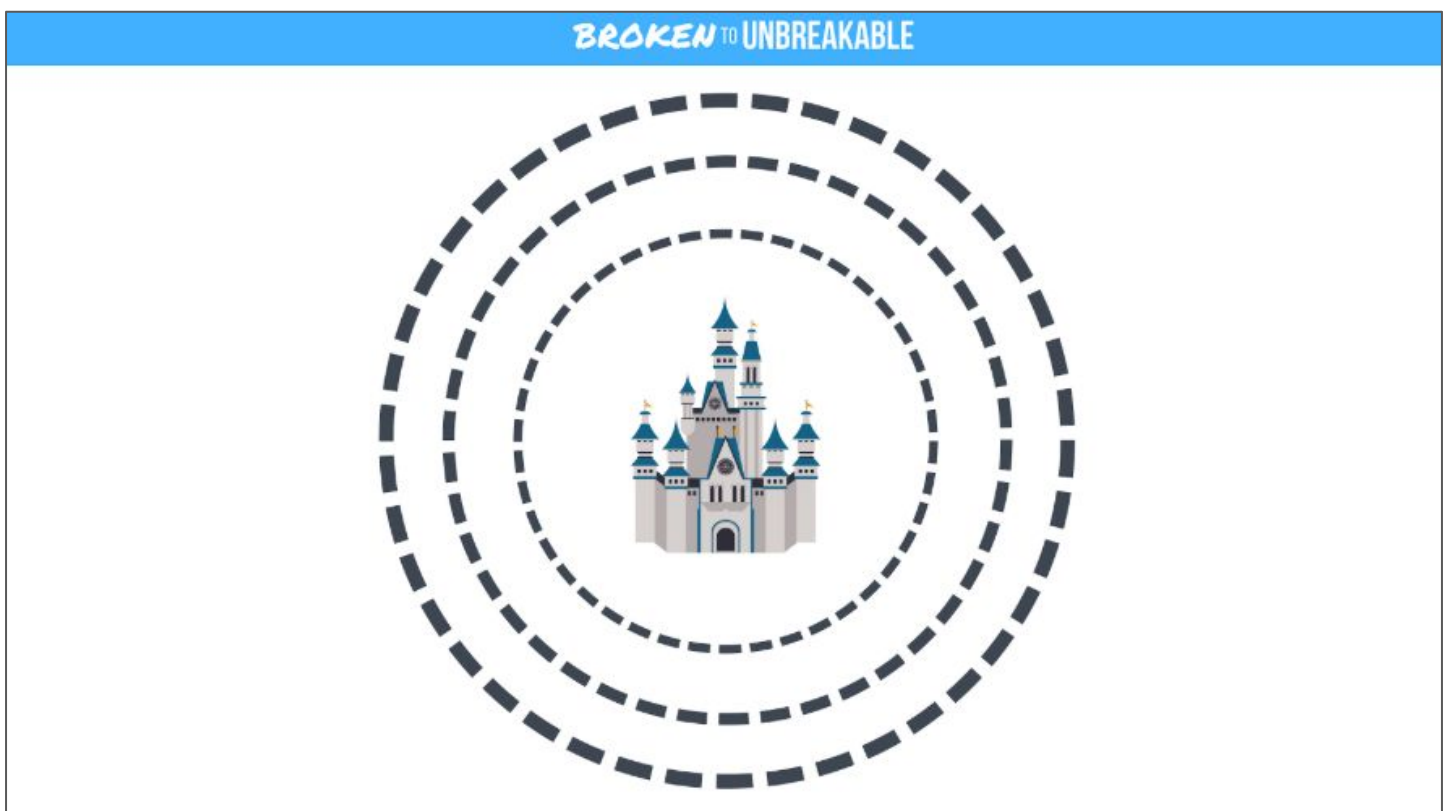
So, think of it this way. You are this castle right here, the castle represents your true self, where you are happy, calm, relaxed, and just YOU. There is nothing blocking you from entering the castle, you feel free, and don't have any worries or struggles or anything negative at all.

But what happens is that we get hurt, someone or something bad comes into our castle and hurts us. So we build a wall around ourselves to protect ourselves from getting hurt again. This can be as small as being embarrassed when you are a kid, or as serious as what caused your PTSD.

And when we experience worse and worse things we build bigger and stronger walls to help prevent us from getting hurt again....

We keep building these walls until it is so hard for anyone to reach the castle...the walls prevent anyone from entering the castle...including you. The defences are built up so high that no one and nothing are allowed to enter, and everything is seen as an enemy.

This is what happens to us overtime, we just keep building more and more walls around us...the bigger the trauma or negative event, the bigger the walls we built, the more we fight, and the harder it is to access the castle and feel like our calm happy and normal true self.

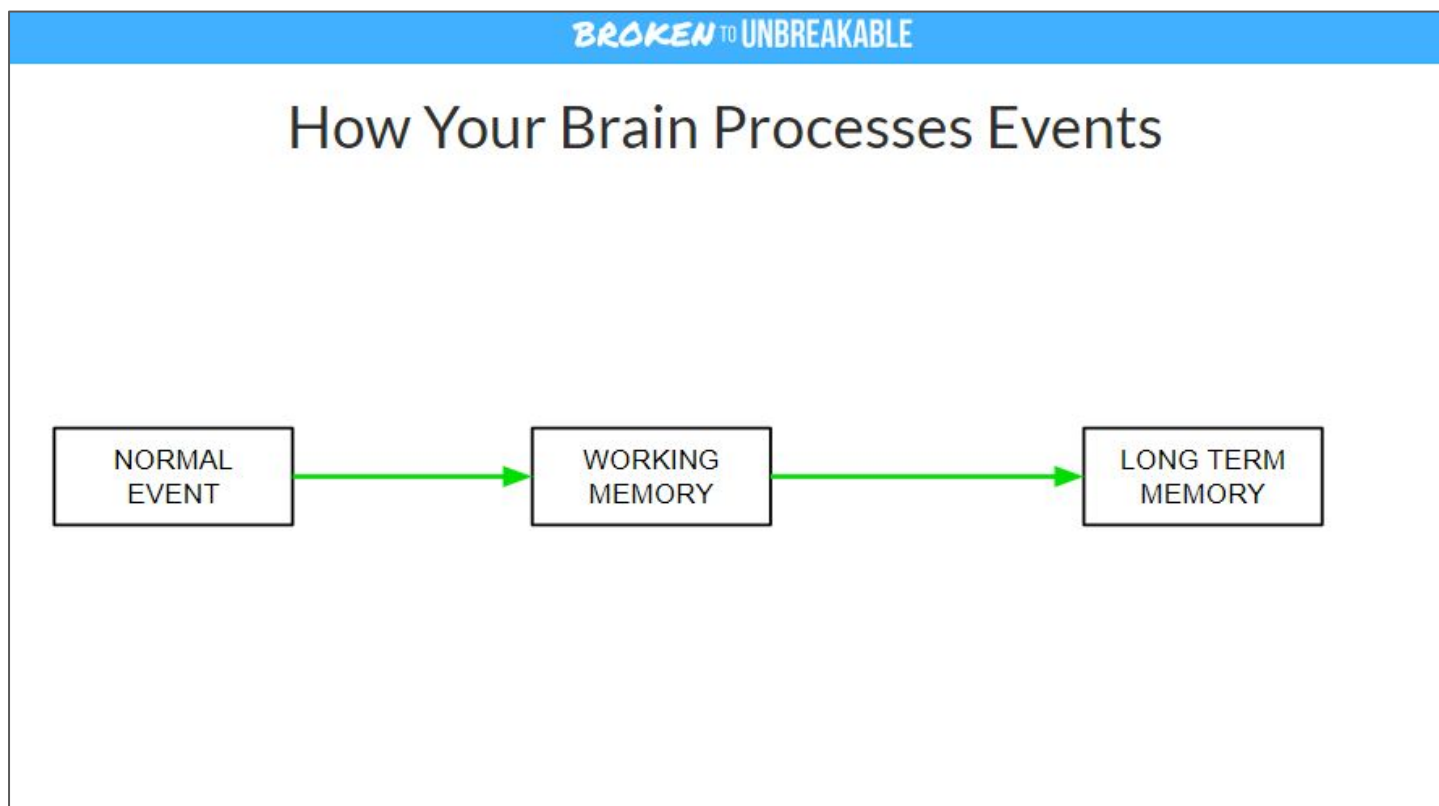


The Only 3 Things You Need To Overcome PTSD For Good

So that's an explanation of why we have these symptoms, but how do we get rid of them for good?

To explain that, first let's talk about how your brain actually processes things, and why you haven't fully processed your past trauma.

Okay, so this diagram here is a diagram of how normal events are processed. On left you experience an event in your life, it then goes through what is called the working memory of your brain...which is the part that correctly processes your memories and experiences....and then after it has been properly processed it enters your long term memory where it is safe and sound! Now this processing occurs whether it is conscious or not.



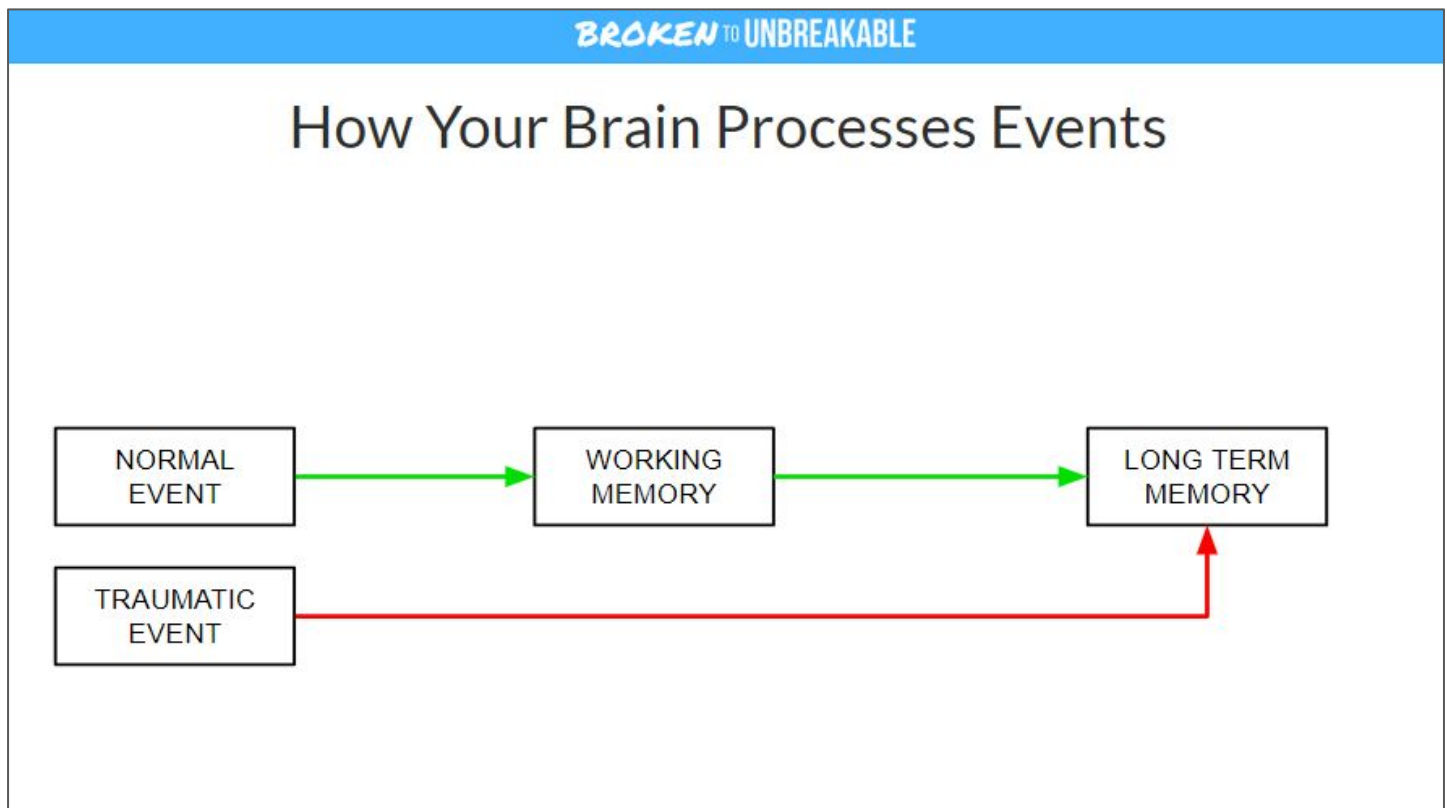
The Only 3 Things You Need To Overcome PTSD For Good

Now...when someone experiences a traumatic event, basically your brain gets overloaded and it bypasses your working memory and is directly stored into your long term memory.

These long term memories of traumatic events are unprocessed, meaning that they contain negative thoughts, beliefs, reactions, emotions, and all the symptoms that you are experiencing with your PTSD.

The reason why your brain bypasses them is because there is so much pain associated to it so your brain intentionally tries not to process it in a way to protect you from feeling the pain, but as we both know unfortunately that long term memory can be triggered.

It is important to know that the piece of you that stored the memory without processing it was trying to help you so you wouldn't have to face the pain of it. Even though it wasn't the right thing to do, it was just trying to do what it thought was best for you....knowing and understanding this really helped me understand myself more and be a lot kinder to myself.

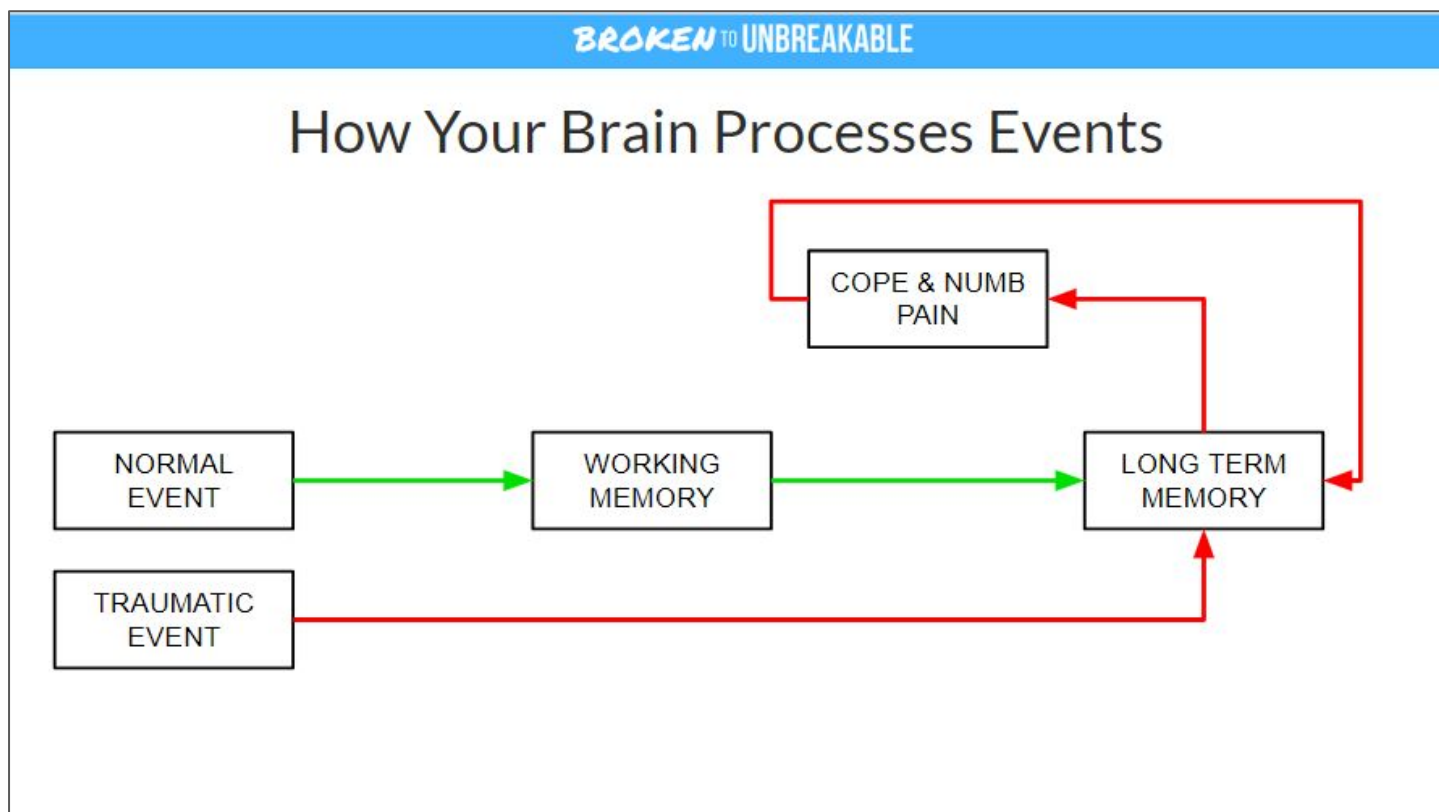


The Only 3 Things You Need To Overcome PTSD For Good

So, as we all know there are times where we get triggered, or even just times where the memory starts to come out on its own.

And what most people do, is cope and numb the pain with some action or input, like for me it was drinking and putting holes in walls.

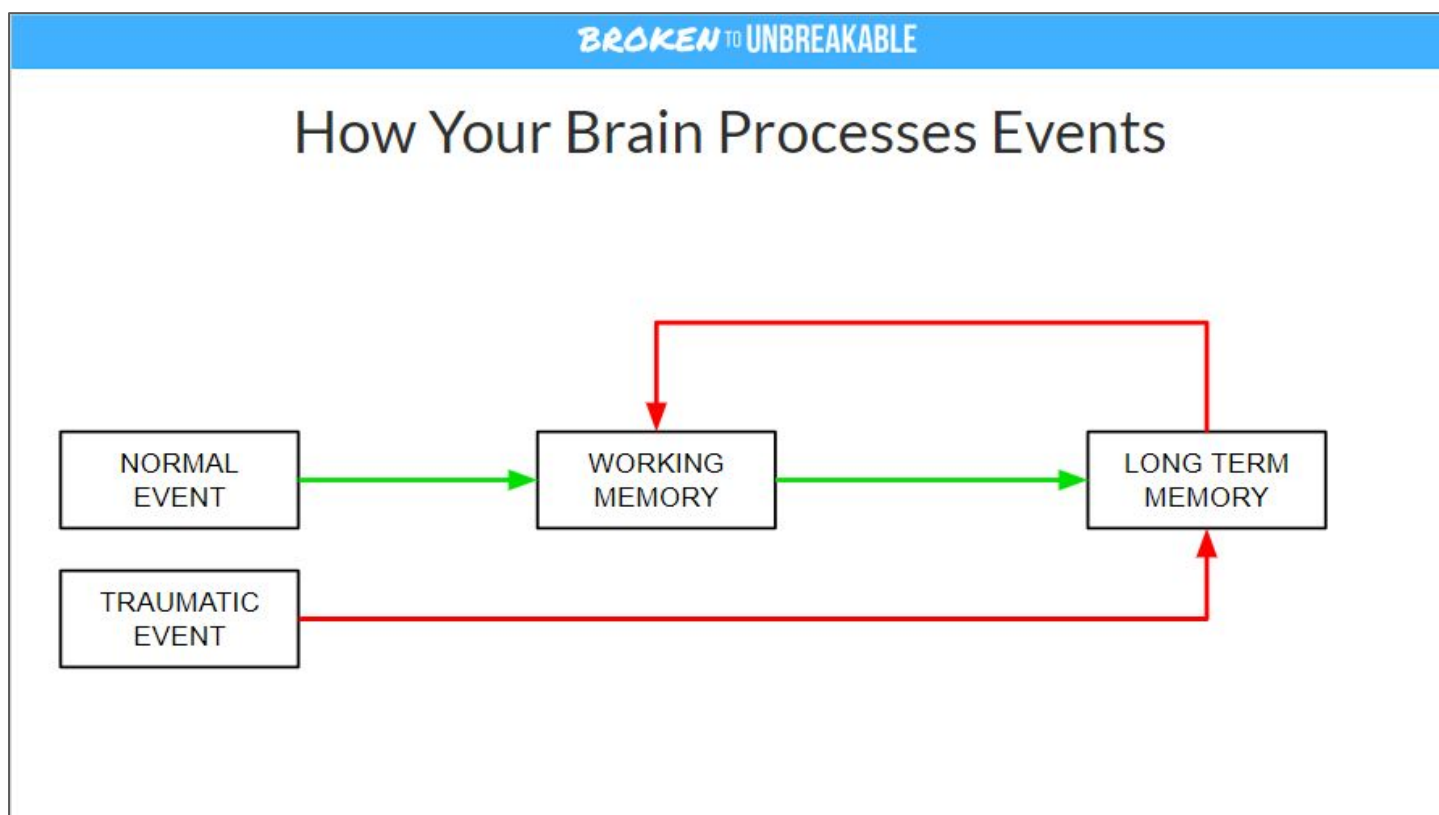
And what happens when you cope and numb the pain is that it never gets properly processed...so the memory goes back down into your long term memory until the next time you are triggered. This is why coping and numbing the pain doesn't heal your PTSD, it does help alleviate the pains that come up and they definitely do have their places along the road to full recovery...but this is why coping is not THE answer to recovery. While coping deals with the effects of the source, you're not fixing the source of your problem. Pills, drugs, coping, and numbing just mask the symptoms or temporary alleviate them and again are not treating the source only the effect.



The Only 3 Things You Need To Overcome PTSD For Good

So in order to full heal and process your memory, you bring out the memory in a safe controlled environment and then work through processing the memory correctly.

Using certain techniques you bring the memory out into your working memory to be processed. The best part is that this makes you become non reactive to your memory. Once you fully process the event your flashbacks, severe emotions, night terrors, twitches, and all other serious negative thoughts will be gone. Now it's important to know that processing your memories like this cannot be done alone, you need guidance, support, and the right process to properly do this, so do not do this without proper guidance



The Only 3 Things You Need To Overcome PTSD For Good

Now, I want to tell you a quick story about a Japanese woman who was 10 years old during world war 2. She had lived her whole life with the pain of what she had seen while the war went on. But, over 70 years later when she was in her eighties she properly processed her memory and she was quoted saying...I feel free for the first time in my life...

Now...guys.. this is the power of using the right technique for eliminating your symptoms permanently, it has literally helped millions of people across the world overcome the suffering that they have endured with an 84-90% success rate....

And this story shows us that anything is possible, it doesn't matter how long you have been suffering, or how old you are or what your trauma, what matters is that you properly process what you've been through. It's never too late, and you don't have to suffer a lifetime.

BROKEN TO UNBREAKABLE

Japanese Woman From WW2



The Only 3 Things You Need To Overcome PTSD For Good

People who permanently recover from PTSD keep an open mind, welcome help, and face the music...

Now, knowing what you need to do and actually doing what needs to be done are two completely different things...

Navigating through this problem is extremely difficult, especially when your brain is trying to work against you at every turn...

The reality is that people who heal wouldn't have without welcoming proper guidance and step-by-step process to follow...

BROKEN TO UNBREAKABLE

The reality is that people who heal wouldn't have without welcoming proper guidance and a step-by-step process to follow.

The Only 3 Things You Need To Overcome PTSD For Good

You're up against a very real and insanely powerful mental force here...

You have to dig deep into your unconscious emotional mind, which is something that most people never do in their entire life...

If you want to rise above this problem, you have to do the work...

There is no other way.

You simply cannot do this alone. Trust me - I've tried...

Most attempts to do it alone deepend my pain, made me feel hopeless, and discouraged me from believing I could ever get better.

BROKEN^{TO} UNBREAKABLE

You're up against a very real and insanely powerful mental force...

The Only 3 Things You Need To Overcome PTSD For Good

Now...what I want you to do is ask yourself...

Which is worse?

1. ***The pain of having this the rest of your life?***
Or...
2. ***The pain of temporarily facing it to win?***

All my clients find out that the pain of facing it is far less than the pain of living with it for the rest of their lives...

BROKEN TO UNBREAKABLE

Pain Of Having This The Rest Of Your Life
VS
The Pain Of Temporarily Facing It To Win

The Only 3 Things You Need To Overcome PTSD For Good

At this point of the workbook you basically have two options...

One...you can go at it alone and spend tens of thousands of dollars figuring this stuff out, getting disheartened, and wasting years of your life...

Or Two....You can learn the proven system from somebody who has not just done it....but truly mastered it...

BROKEN TO UNBREAKABLE

1 - Go at it alone and spend tens of thousands of dollars figuring this stuff out, getting disheartened, and wasting years of your life

BROKEN TO UNBREAKABLE

2 - Learn the proven system from somebody who has not just done it, but truly mastered it

Introducing Broken To Unbreakable

I'd like to introduce you to Broken To Unbreakable...


What is Broken To Unbreakable?

- Broken To Unbreakable is a program that shows you how to quickly overcome PTSD or CPTSD and regain control of your life for good.
- It's an online recovery program that goes into everything in detail.
- It has recorded videos, worksheets, templates, live help and physical workbook guides so that you can shortcut your recovery by years...
- You can login to access the content any time you need it from anywhere in the world....

And it is designed to change you, your life, and your relationships....

This program is like nothing you've ever seen before...

BROKEN TO UNBREAKABLE



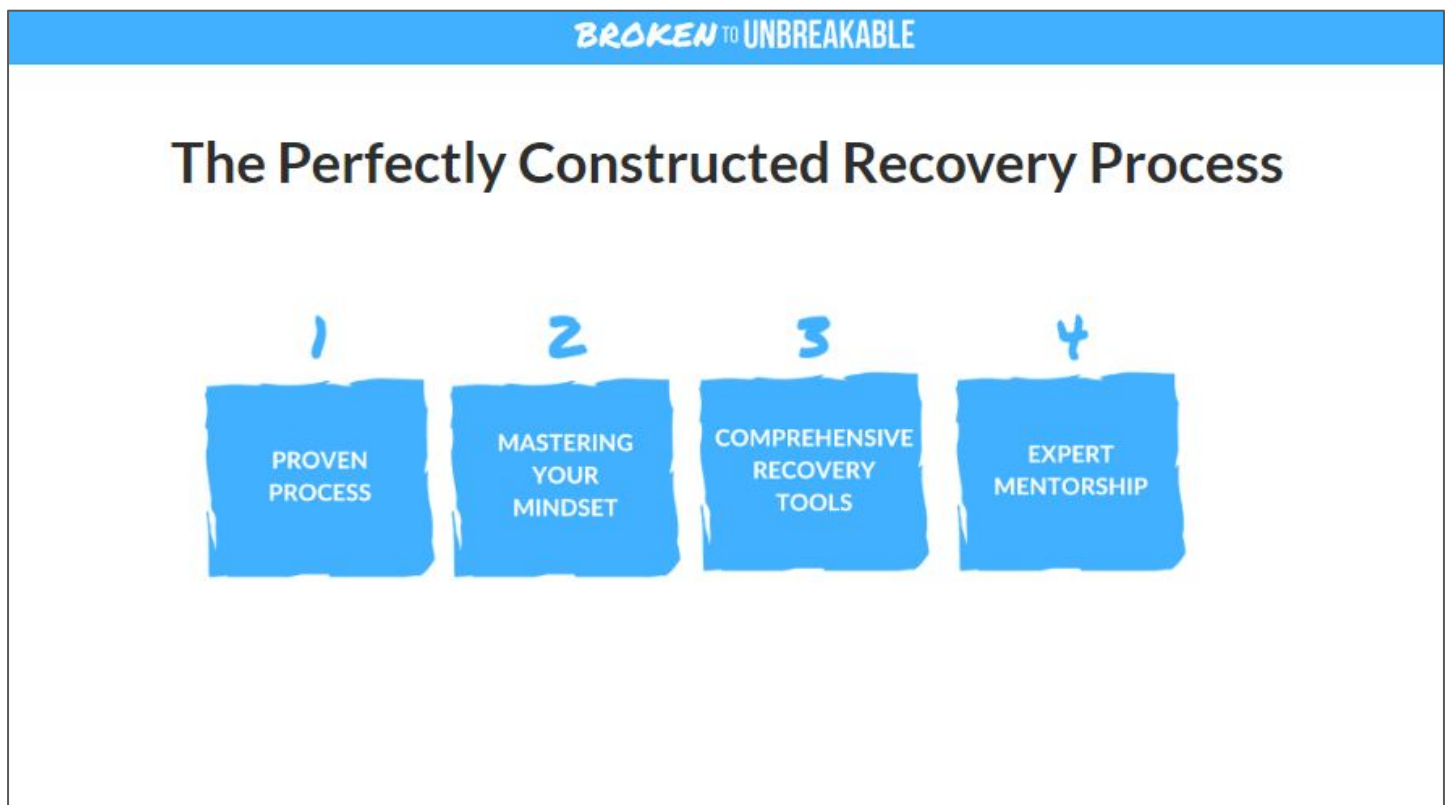
Introducing "Broken To Unbreakable"

What Makes Broken To Unbreakable Different?

Here's what makes it different... ***I failed, went through hell, spent my life's savings, and then some figuring this information out. It sucked, and it took a lot of time...*** After I recovered I asked myself...what if I could help people go through the process without all that suffering without all that pain, and that's really why created this program.

So after all these years of figuring out the best process to healing, I found out that you really need 4 things. If you don't have these 4 things, change is pretty much impossible. Number one you need a proven process, number two you need a system to master your mindset, number three you need comprehensive recovery tools and number four you need expert mentorship. Most people who run PTSD programs just provide one or two of these things, maybe three, but Unless you have all 4 of these things change won't happen. And so that's what this Broken to unbreakable program is. It is the perfectly constructed recovery process ensure your recovery.

We have a proven process, we guide you through a system to master your mindset, give you comprehensive recovery tools, and expert mentorship and guidance throughout the entire process to ensure you see your recovery through 100%...



What Makes Broken To Unbreakable Different?

Alright now let's dive into each of these and first look at our proven process. What makes what we do so great, and how is it able to work for so many people across the world?

I've spent over 15 years of my life figuring out what works and what doesn't when it comes to recovering from PTSD.

And, to acquire this knowledge and develop this program to this level has cost me tens of thousands of dollars.

I know what it feels like to be in your shoes, and how to come back from it 100%. When I was recovering I searched and searched for someone who had been there, who knows what it feels like to be at rock bottom and to come back from it. I searched and searched, but never found anyone out there helping others recover to this level.

And the strategies in this program have been tested on thousands of people from all around the globe and it has produced results like nothing else on the face of this earth...

BROKEN TO UNBREAKABLE

1 - Proven Process

- I spent 15+ years of my life figuring out what works and what doesn't when it comes to recovering from PTSD
- To acquire this knowledge and develop this program to this level has cost me tens of thousands of dollars
- I know what it feels like to be in your shoes, and how to come back from it 100%
- The strategies in this program has been tested on thousands of people from all around the globe and it has produced results like nothing else on the face of this earth

What Makes Broken To Unbreakable Different?

Now let's give you the high level view of each part of the process....You get instant access to relief now and relief tools

- Week 1 Building A strong foundation.
- Week 2 Getting help...
- Week 3 the power of habit.
- Week 4 Finding your true self
- In week 5 building powerful relationships
- Week 6 getting to The next level.....

So there's the overview, now let's zoom in and get a closer look at each part.

BROKEN TO UNBREAKABLE

1 - Proven Process

- Relief Now and Relief Tools
- Week 1 - Building A Strong Foundation
- Week 2 - Getting Help
- Week 3 - Power Of Habit
- Week 4 - Finding Your True Self
- Week 5 - Building Powerful Relationships
- Week 6 - The Next Level

What Makes Broken To Unbreakable Different?

You get instant access to the complete library of relief now & relief tool materials.

This is the ultimate resource for coping through your process. Coping will not heal your PTSD, but like I said before it does have its place on the road to recovery and knowing these techniques will bring you much needed peace and relaxation while you are on your journey to full recovery.

- In this section you will learn how to optimize sleep so you can finally get the night's rest you need.
- How to deal with, prevent, and reduce the intensity of your flashbacks.
- How to stop constant anxiety, panic attacks, and the racing heart feeling that plagues you.
- How to dig yourself out to the crushing depression, sadness and hopelessness that isolates you.
- How to finally understand and stop the angry outbursts and extreme emotions that you don't understand.
- How to get reconnected to reality when things seem lifeless and numb...
- And you get access to all these recovery tools that most people never discover from day 1.

BROKEN TO UNBREAKABLE

Relief Now and Relief Tools

- How to optimize sleep so you can finally get the night's rest you need
- How to deal with, prevent, and reduce the intensity of your flashbacks
- How to stop constant anxiety, panic attacks, and the racing heart feeling that plagues you
- How to dig yourself out of the crushing depression, sadness, and hopelessness that isolates you
- How to finally understand and stop the angry outbursts and extreme emotions that you don't understand
- How to get reconnected to reality when things seem lifeless and numb
- You get access to tools that most people never discover from day 1

What Makes Broken To Unbreakable Different?

In week 1 I give you the foundation for recovery. This is the information that will change the way you look at yourself and the world around you...It will be like you are seeing for the first time. ***This is the most important week of the program, most people with PTSD have beliefs that break them down and destroy them***, no matter what they're attempting to do to recover. Deep down they believe all hope is gone, that they are broken, and that they will have to cope with their symptoms for the rest of their lives. This section changes those beliefs.

You will go from feeling broken and hopeless to absolutely loving yourself and every area of your life.

This week you will learn...

BROKEN TO UNBREAKABLE

Week 1 - Building A Strong Foundation

- Why you feel stuck in a cycle of constant ups and downs
- All the reasons why you keep trying to get better, but keep spiraling back down
- How to prevent and finally move past those destructive downward spirals
- How you can remove the veil of negativity that infects your mind, your body, and your entire life
- Why you feel like you have no control and how to get it back
- The 1 thing that will ensure that your problems, struggles, and pains will last forever
- How to stop feeling consumed with your memories and negative thoughts
- Why you are having constant mood swings, and how to stop them
- Why your anger is constantly boiling over and infecting your entire life
- Why you feel like you keep slipping back and keep starting from the beginning
- How to identify and eliminate the triggers that leave you constantly on edge
- How and why PTSD is ruining your health, relationships, love life, finances, and everything else
- Most importantly...How to commit 100%. How to ensure that you never give up and heal no matter how much doubt, fear, or disbelief you have.
- Most people never learn how to handle this and we get this dialed in for you in the first 7 days!

What Makes Broken To Unbreakable Different?

Week 2 I will demystify the path towards healing the worst symptoms of your PTSD. You will learn the exact road map to recover from your daily flashbacks, crushing anxiety, and unbearable constant nightmares. After this week you will know exactly what needs to be done to rid these from your life for good. You just need to take action on the simple steps that I've laid out.

This week you will learn...

- The exact process that has been used to heal over 1,000,000 people across the globe with an 84-90% success rate
- How to permanently heal flashbacks & night terrors
- How to stop running from your fears
- How to finally face the devil and defeat him once and for all
- How you can reduce feeling overwhelmed every second of everyday
- Why therapy and all other advice hasn't worked for you in the past
- Why medication and coping 'dulls' your pain, but doesn't heal it
- The method that I used to permanently recover from my constant 'jumpiness' and 'on edge' feeling
- How to safely heal your pain and fear and properly process it so it never comes up again
- Most people never fully heal these symptoms and we show you how to in the first 14 days.

BROKEN TO UNBREAKABLE

Week 2 - Getting Help

- The exact process that has been used to heal over 1,000,000 people across the globe with an 84-90% success rate
- How to permanently heal flashbacks & night terrors
- How to stop running from your fears
- How to finally face the devil and defeat him once and for all
- How you can reduce feeling overwhelmed every second of everyday
- Why therapy and all other advice hasn't worked for you in the past
- Why medication and coping 'dulls' your pain, but doesn't heal it
- The method that I used to permanently recover from my constant 'jumpiness' and 'on edge' feeling
- How to safely heal your pain and fear and properly process it so it never comes up again
- Most people never fully heal their symptoms and we show you how to in the first 14 days!

What Makes Broken To Unbreakable Different?

Week 1 explained why you are stuck in the constant cycles you are, and **Week 3 pulls back the curtain on the exact 'how to' to break those destructive cycles.** You will learn the exact process on what to do every single day to make sure that you are making consistent progress on your healing, and also help you break through any plateaus that you'll reach in your recovery.

This week is really a beast, you'll be taking a ton of action and see some amazing changes in your physical and mental world. Learning...

- How to be less tense and feel more energetic so you can do the things you love again
- How to break the bad habits that are causing you to spiral out of control
- Daily healing techniques to aid your recovery and help you be the best version of you
- Why you can't seem to stop the compulsive negative behavior that shatters your confidence and hope for recovery
- How to break the pattern of avoidance
- Why you feel like you're spinning your wheels, and how to finally gain traction in your recovery
- How to stop PTSD from paralyzing you - How to make sure that you get out of bed every single day
- How to retrain your brain to build you up and stop breaking you down
- Most people live their entire lives paralyzed by their PTSD and you learn how to beat it in 21 days!

BROKEN TO UNBREAKABLE

Week 3 - Power Of Habit

- How to be less tense and feel more energetic so you can do the things you love again
- How to break the bad habits that are causing you to spiral out of control
- Daily healing techniques to aid your recovery and help you be the best version of you
- Why you can't seem to stop the compulsive negative behavior that shatters your confidence and hope for recovery
- How to break the pattern of avoidance
- Why you feel like you're spinning your wheels, and how to finally gain traction in your recovery
- How to stop PTSD from paralyzing you - How to make sure that you get out of bed every single day
- How to retrain your brain to build you up and stop breaking you down
- Most people live their entire lives paralyzed by their PTSD and you learn how to beat it in 21 days!

What Makes Broken To Unbreakable Different?

In week 4 I teach you about how to get in touch with the real 'you'...The 'you' that's been lost, the 'you' that you probably haven't seen or connected with in a long time.

Maybe you've forgotten what it's like to feel normal, maybe you don't even know what normal feels like (I didn't). I will show you all the things that are clogging up your mental system, and covering up who you really are. I will teach you why you have all these emotions you can't explain, and why they seem to pop up at random times. BUT most importantly I teach you the exact process to heal all these layers that are getting in the way of your true self, how to feel normal, and how to start really loving yourself again.

This week you will learn...

- How to break out of your cocoon of fear and get in touch with the real you
- How to finally stop flying off the handle at every little thing
- Why you're taking out your pain on the people around you, and why it's not your fault
- Why you are having unbearable internal conflict and how to stop beating yourself up about it
- How to forgive yourself and remove the guilt that follows you around every corner
- How to rid yourself of worthlessness and build unstoppable inner peace and confidence
- How to uncover and safely heal your buried demons
- How to deconstruct the walls you've built around your life and set yourself free
- How to heal the subconscious wounds that you can't seem to shake
- How to calm your heavy racing heart
- Most people never get in touch with the real 'you' and we show you how in 28 days.

BROKEN TO UNBREAKABLE

Week 4 - Finding Your True Self

- How to break out of your cocoon of fear and get in touch with the real you
- How to finally stop flying off the handle at every little thing
- Why you're taking out your pain on the people around you, and why it's not your fault
- Why you are having unbearable internal conflict and how to stop beating yourself up about it
- How to forgive yourself and remove the guilt that follows you around every corner
- How to rid yourself of worthlessness and build unstoppable inner peace and confidence
- How to uncover and safely heal your buried demons
- How to deconstruct the walls you've built around your life and set yourself free
- How to heal the subconscious wounds that you can't seem to shake
- How to calm your heavy racing heart
- Most people never get in touch with the real 'you' and we show you how in 28 days!

What Makes Broken To Unbreakable Different?

I know how badly PTSD ruins relationships. I almost lost the person I loved most, but we survived and grew closer and stronger because of PTSD, not in spite of it. In week 5 I teach you how to properly navigate your way through relationships along your healing process.

I teach you how to remove the constant strain from your relationships, how to repair seemingly broken relationships, how to finally get out of your house and meet new people, and much much more. Being social is a basic need for humans, and with PTSD it can seem like an impossible task at times...but it's not.

This week you will learn...

- How to build the confidence needed to connect with and meet new people who will love and support you
- How to get out of isolation, face your fears, and overcome your social anxiety once and for all
- How you can connect with, open up, and heal a seemingly broken relationship
- How to remove the strain and tension from your friends, family, and intimate relationships
- How to create your own powerful personal support system that lifts you up
- How to recover from heartbreak and devastating loss due to PTSD
- How to feel at ease and at peace with yourself and with the world around you
- How to recover from unhealthy relationships
- Most people's relationships completely fall apart when they have PTSD, we show you how to repair and strengthen them 35 days in.

BROKEN TO UNBREAKABLE

Week 5 - Building Powerful Relationships

- How to build the confidence needed to connect with and meet new people who will love and support you
- How to get out of isolation, face your fears, and overcome your social anxiety once and for all
- How you can connect with, open up, and heal a seemingly broken relationship
- How to remove the strain and tension from your friends, family, and intimate relationships
- How to create your own powerful personal support system that lifts you up
- How to recover from heartbreak and devastating loss due to PTSD
- How to feel at ease and at peace with yourself and with the world around you
- How to recover from unhealthy relationships
- Most people's relationships completely fall apart when they have PTSD, we show you how to repair and strengthen them in 35 days!

What Makes Broken To Unbreakable Different?

When I was suffering I thought PTSD was the worst thing that ever happened to me, but after I healed I saw it as a blessing. ***If you can go from rock bottom to normal you can go from normal to extraordinary.***

In week 6 I show you how you can live an extraordinary life because of what you've been through. You are not bound to suffering forever. You are not broken. You can heal, you can recover, and you can still achieve every dream you have. This week is one of the most powerful ones in the program. It's like rocket fuel to your life and will have you on the edge of your seat and actually excited for your future.

This week you will learn...

- How to create the best quality of life and feel fulfilled in every area
- Why PTSD is actually a blessing - How your success story will help save others
- How to make overcoming your fears an ingrained habit
- The power of being the black sheep and how to harness it and use it to your advantage
- How to design and create your dream life
- How to accomplish and succeed at things that you never thought were possible
- How to transform into your ideal self
- Most people never achieve the things they dream about, and we show you how to in 42 days!

BROKEN TO UNBREAKABLE

Week 6 - The Next Level

- How to create the best quality of life and feel fulfilled in every area
- Why PTSD is actually a blessing - How your success story will help save others
- How to make overcoming your fears an ingrained habit
- The power of being the black sheep and how to harness it and use it to your advantage
- How to design and create your dream life
- How to accomplish and succeed at things that you never thought were possible
- How to transform into your ideal self
- Most people never achieve the things they dream about, and we show you how to in 42 days!

What Makes Broken To Unbreakable Different?

We achieve more in this program than most people achieve in their entire life.

Now let's talk about the format...

You get to learn in the best way that suits you. Everything is available online via desktop or mobile, you can watch full HD videos, listen to the MP3 audio recording, and work through the physical workbooks

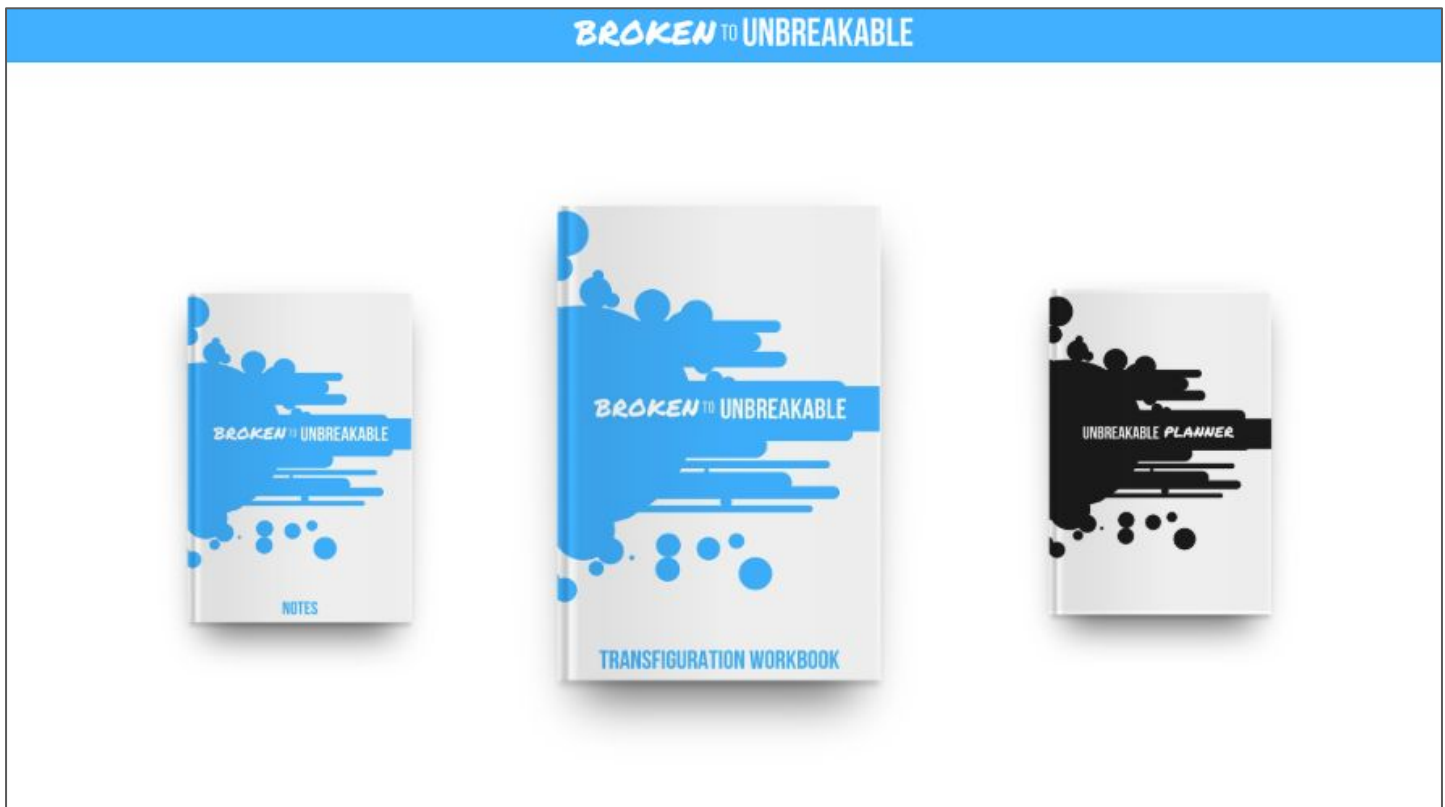
BROKEN^{TO} UNBREAKABLE

We achieve more in this program than most
people achieve in Their Entire Life.

What Makes Broken To Unbreakable Different?

We have 3 physical workbooks that you getting for free, we handle the shipping and everything at no cost to you.

We have our 200+ page transfiguration workbook that guides you step by step through each and every part of the process, so you will always have a physical version to study and refer to when going through the program, we also give you our Unbreakable Planner that helps keep you accountable during your recovery, and we also give you a notebook for you to take notes while you listen.

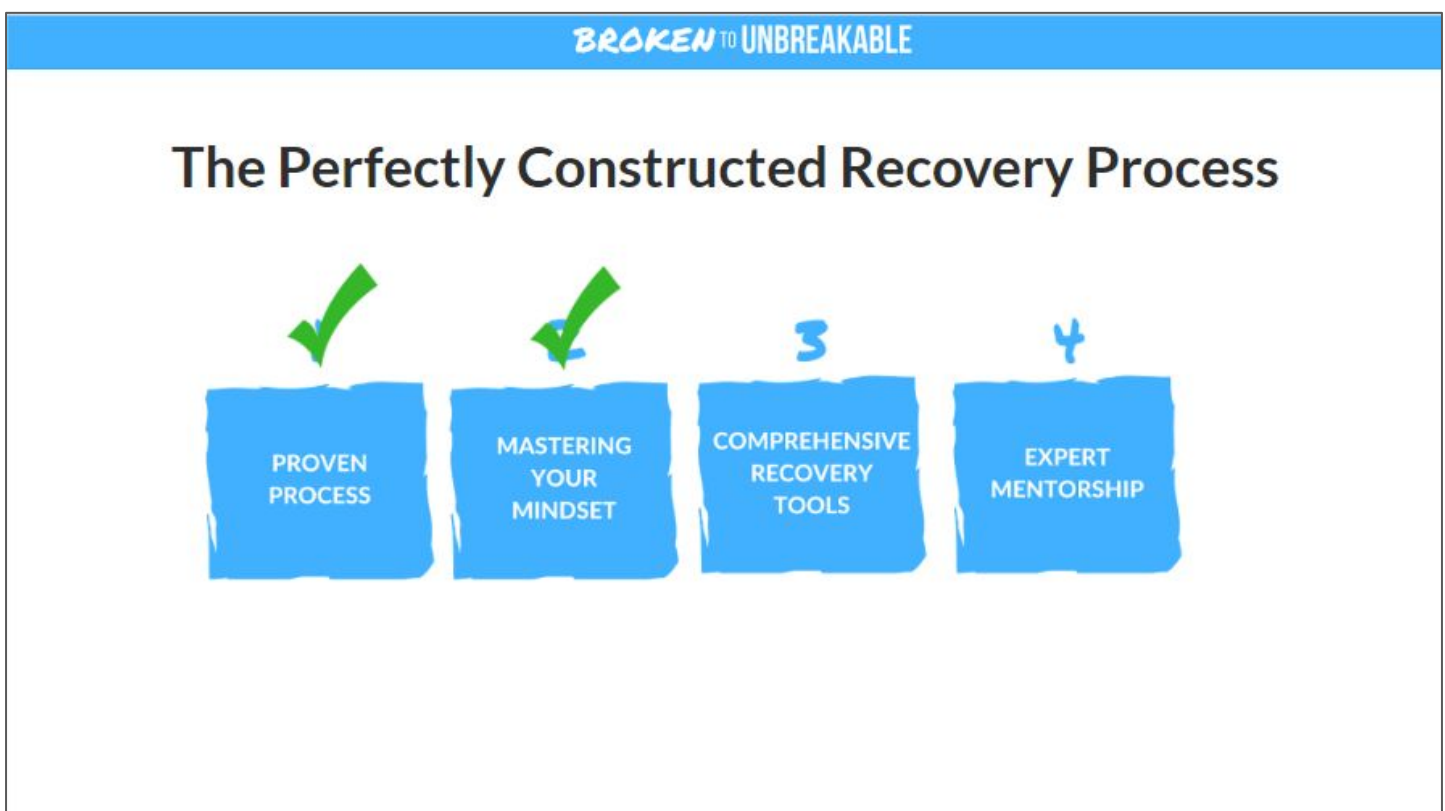


What Makes Broken To Unbreakable Different?

Now let's talk about another huge component in this program...

Alright, so we already covered the proven process, and mastering your mindset...Now let's talk about the comprehensive recovery tools.

The 3rd thing that is absolutely essential for full transformation is comprehensive recovery tools.



What Makes Broken To Unbreakable Different?

Most people with PTSD go through their entire lives and never learn what they need to do in order to relieve their suffering...

Why is this?

They go through all this unnecessary pain...

This is because they're missing the proper recovery tool for their symptom...

When you don't have the right tools, things tend to spiral out of control...

And if you don't catch the spiral early enough, it can do a LOT of damage to you and the people around you...

I experienced this myself for years...I sat in this pain and it plagued my existence for years and years until I figured out what the problem was...

BROKEN TO UNBREAKABLE

Most people go through their entire lives and never learn what they need to do in order to relieve their suffering...

What Makes Broken To Unbreakable Different?

You need the right tools so you can start building yourself up instead of breaking yourself down...

This is exactly why we built the Relief Tools and Relief Now resources

In these sections you get the tools you need. Get instant solutions to your specific symptoms

Learn the best tools and strategies to get relief right now.

And you get guided programs, worksheets, and step by step guides to ensure your recovery. Everything you need to get relief when you need it.

BROKEN^{TO} UNBREAKABLE

Get the tools you need

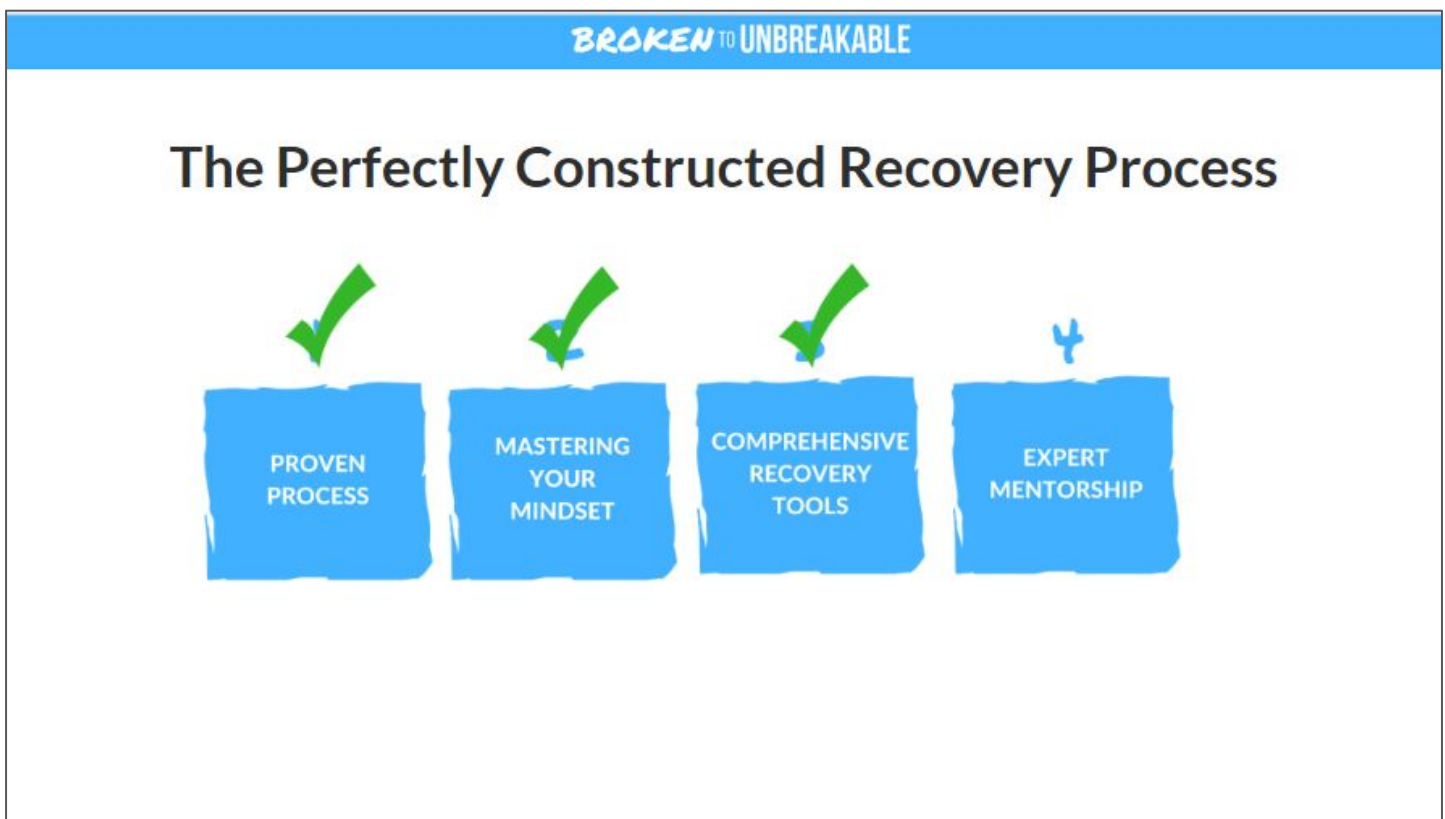
- Get instant solutions to your specific symptoms
- Learn the best tools and strategies to get relief now
- Get guided programs, worksheets, and step by step guides to ensure your recovery

What Makes Broken To Unbreakable Different?

Now, there's one final thing that's absolutely mandatory when creating change in your life...

And it's getting expert mentorship from someone who's been through what you're going through.

This is the fourth and final thing that you need to have a complete turn around.



What Makes Broken To Unbreakable Different?

Having the guided programs and step by step process is great, but you also need extra guidance for when specific situations arise. This is why we make expert mentorship available 24/7/365. You get the extra support you need to fully recover with 1 on 1 coaching calls,

Live Q&A's to get your questions answered

And email support available and all times. When you have a question about any part of the process you will have access to experts that have been there and can give you advice and point you in the right direction to make sure you make the changes you want to see in your life. This is absolutely essential.

BROKEN^{TO} UNBREAKABLE

Expert mentorship available 24/7/365

- 1 on 1 coaching calls
- Live Q&A call every week (and recordings)
- Email support available at all times

What Makes Broken To Unbreakable Different?

You must have all 4 things...

This is not your typical program...

It's the byproduct of 15+ years of work, absolute mastery of the recovery process, tens of thousands of dollars in personal investment, and it's like nothing else that exists today.

BROKEN TO UNBREAKABLE

It's the byproduct of 15+ years work, absolute mastery of the recovery process, tens of thousands of dollars in personal investment, and it's like nothing else that exists today.

What Makes Broken To Unbreakable Different?

Let's put this in perspective and do the math...

The disturbing cost of going at it alone...To figure out all this information and find a process that actually helps you and doesn't hurt you, it could take years of your life and you might not figure it out at all...

You'd have to try thousands of things on your own with no idea about what does and doesn't work and you'd have to learn with expensive, and painful, trial and error....

To get your mindset right and change yourself might take decades and cause terrible amounts of anguish and pain and your life may pass without it being done....

To build a support network or community of people like this would take you years.

Think about the true cost it would take to achieve this, it's tens of thousands of dollars, and years of time...and of course, it might not be possible for you at all.

BROKEN TO UNBREAKABLE

The disturbing cost of going at it alone

- To figure out all this information and actually find a process that actually helps you and doesn't hurt you it could take years of your life and you might not figure it out at all
- You'd have to try thousands of things on your own with no idea about what does/doesn't work and you'd have to learn with expensive, painful, trial and error.
- To get your mindset right and change yourself may take decades and cause terrible amounts of anguish and pain and your life may pass without it done.
- To build a support network/community of people like this would take you years.
- Think about the true cost it would take to achieve this, it's tens of thousands of dollars and years of time. And of course, it might not be possible for you at all.

What Makes Broken To Unbreakable Different?

Let's summarize everything that you get...

1. **You get access to our PTSD recovery program**, and this alone has a value of \$6,997.
2. **You get the Mastering your Mindset Program** which has a value of \$1,997 by itself.
3. **You get access to our exclusive library of recovery tools** which has a value of \$497.
4. **You get expert 1on1 coaching calls, and group mentorship** that gives you accountability to ensure that you are getting all the help you need, and this one thing has a value of \$2,997.
5. **And you get a box set of physical workbooks** shipped to you for free that walks you through the process step by step to ensure that you absorb the material and really put these practices to work in your life, and the value of these workbooks alone is \$297...

And all these together have a value over 12 grand...

All these put together have a value of \$12,785.

So all together you get the full PTSD recovery program, the mastering your mindset program, the exclusive comprehensive recovery tools, Expert 1on1 and group mentorship, and box set of physical workbooks shipped to you for free...

BROKEN TO UNBREAKABLE

Here's a summary of everything you get...

- PTSD Recovery Program - **\$6,997**
- Mastering Your Mindset Program - **\$1,997**
 - Exclusive Recovery Tools - **\$497**
- Expert 1on1 And Group Mentorship- **\$2,997**
- Box Set Of Physical Workbooks - **\$297**

Total Value - \$12,785

What Makes Broken To Unbreakable Different?


Now with a \$12,000 value our everyday price for this program is \$4,997. Just under 5 thousand dollars.

So if you were to buy earlier today, yesterday, 6 months ago, tomorrow a week from now, ...that's what the price would be.

BROKEN TO UNBREAKABLE

Here's A Summary Of Everything You Get

This is not your typical "program". I provide you with everything you need to be successful.



Broken To Unbreakable™

- PTSD Recovery Program
- Mastering Your Mindset Program
- Exclusive Recovery Tools
- Expert 1on1 And Group Mentorship
- Box Set Of Physical Workbooks Shipped To You

\$4,997 Everyday Price

What Makes Broken To Unbreakable Different?

Even if your symptoms alone were only reduced by 50% it would still be worth the \$4,997.. When I was at rock bottom I was losing over 90% of my life to PTSD, and I spent well over \$4,997 and even went into debt to get relief, and that was without a proven roadmap.

It's actually a steal at \$4,997...

BROKEN^{TO} UNBREAKABLE

Even if your symptoms alone were only reduced
by 50% it would still be worth the \$4,997...

What Makes Broken To Unbreakable Different?

But I want to make recovery possible. Like you I was in a really dark place when I finally made the decision to commit to recovery. And if I were to find this, this would have been exactly what I needed.

But at \$4,997 I know for many people it's just not a possibility...most people don't have as much money as I had when I started...And most people honestly don't have 5 grand to put down on a recovery program. And, so what I've decided recently was that I wanted to help as many people as I can.

BROKEN TO UNBREAKABLE

I want to make recovery possible for everyone.

What Makes Broken To Unbreakable Different?

So I'm going to do something special for everybody reading this workbook today...

I'm going to offer this program at a price that's truly ridiculous...

Again, you get...

1. **You get access to our PTSD recovery program**, and this alone has a value of \$6,997.
2. **You get the Mastering your Mindset Program** which has a value of \$1,997 by itself.
3. **You get access to our exclusive library of recovery tools** which has a value of \$497.
4. **You get expert 1on1 coaching calls, and group mentorship** that gives you accountability to ensure that you are getting all the help you need, and this one thing has a value of \$2,997.
5. **And you get a box set of physical workbooks** shipped to you for free that walks you through the process step by step to ensure that you absorb the material and really put these practices to work in your life, and the value of these workbooks alone is \$297...

This together has a value of over 12 grand...

BROKEN^{TO} UNBREAKABLE

So I'm going to do something special for everybody on this webinar today...

What Makes Broken To Unbreakable Different?


And like I said before if you were to buy earlier today, yesterday, or tomorrow the price would be \$4,997.

But, I'm going to mark this out and do a special for everyone who is here on the webinar.

BROKEN TO UNBREAKABLE

Here's A Summary Of Everything You Get

This is not your typical "program". I provide you with everything you need to be successful.



Broken To Unbreakable™

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- Expert 1on1 And Group Mentorship
- Box Set Of Physical Workbooks Shipped To You

~~\$4,997~~

What Makes Broken To Unbreakable Different?


For the people on this webinar **today I'm going to do it for \$1,997.**

So usually it's 5 grand, but I'm going to do it for \$1,997, and guys **that's 3 thousand dollars off**, that's crazy...

BROKEN TO UNBREAKABLE

Here's A Summary Of Everything You Get

This is not your typical "program". I provide you with everything you need to be successful.



Broken To Unbreakable™

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- Exclusive Recovery Tools
- Expert 1on1 And Group Mentorship
- Box Set Of Physical Workbooks Shipped To You

\$1,997
~~\$4,997~~

What Makes Broken To Unbreakable Different?

And on top of that I'm going to throw in a true lifetime access to everything.

You get access to the community, the q/a calls, to the program, to everything, to the updates all for life.


And it's usually 5 grand you get it for 2.

This is a ridiculous offer. We are 100% committed to you and your recovery, which is why we give you lifetime access to everything including the coaching and Q&A calls for life, for as long as it takes.

BROKEN TO UNBREAKABLE

Here's A Summary Of Everything You Get

This is not your typical "program". I provide you with everything you need to be successful.



Broken To Unbreakable™

- PTSD Recovery Program
- Mastering Your Mindset Program
- Exclusive Recovery Tools
- Expert 1on1 And Group Mentorship
- Box Set Of Physical Workbooks Shipped To You
- **True Lifetime Access To Everything**
- **Updates For Life**

\$1,997
~~\$4,997~~

What Makes Broken To Unbreakable Different?

And, I'm willing to stand behind this 100%

If you go through this program, watch the content, complete the exercises, show up for the coaching calls, and take action you will see results.

But, just in case you're skeptical, I want to offer you a 14 day money back guarantee.

Simply sign up for the program, watch the content, take action, and if you're not completely satisfied with it in the first 14 days you can request a full, immediate refund.

BROKEN TO UNBREAKABLE

Absolute satisfaction guarantee

- If you go through this program, watch the content, complete the exercises, and take action you will see results
- But, just in case you're skeptical, I want to offer you a 14 day money back guarantee
- Simply sign up for the program, watch the content, take action, and if you're not completely satisfied with it in the first 14 days you can request a full, immediate refund.



What Makes Broken To Unbreakable Different?

And, so here it is and how you can get started with Broken To Unbreakable right, now...

So, you get...

1. **You get access to our PTSD recovery program**, and this alone has a value of \$6,997.
2. **You get the Mastering your Mindset Program** which has a value of \$1,997 by itself.
3. **You get access to our exclusive library of recovery tools** which has a value of \$497.
4. **You get expert 1on1 coaching calls, and group mentorship** that gives you accountability to ensure that you are getting all the help you need, and this one thing has a value of \$2,997.
5. **And you get a box set of physical workbooks** shipped to you for free that walks you through the process step by step to ensure that you absorb the material and really put these practices to work in your life, and the value of these workbooks alone is \$297...

And you get all of these things with the updates of all future programs for life...this is honestly crazy.


And the price is usually 5 grand, but today only, for people on this webinar it's just \$1997....

And I'm going to allow you to split it up too if you want to do that. So you can pay one payment of \$1,997 or split it up into 6 payments of \$333, **so if you can't afford the \$1,997 you can get instant access to everything with just one payment of \$333** and then 5 more payments every 30 days, so one payment of 333 then in 30 days another \$333, and so on. And you can get started right now by clicking the button on the bottom of this page to enroll.

BROKEN TO UNBREAKABLE

Here's A Summary Of Everything You Get

This is not your typical "program". I provide you with everything you need to be successful.




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- Expert 1on1 And Group Mentorship
- Box Set Of Physical Workbooks Shipped To You
- **True Lifetime Access To Everything**
- **Updates For Life**

~~\$4,997~~ **\$1,997** or 6x Payments of \$333

Questions? Ask them live

Get started right now, click the button to enroll 

What Makes Broken To Unbreakable Different?

And the button is on the bottom of this page, right there. Just click that button to enroll now and lock in this amazing offer right now.


And guys, this will not last...We've got a limit on how many of these we can sell at this price because it is a ridiculous offer.

So this is going to sell out fast, so this is going to move, so make sure you click that button right now and lock it in right now so you can get the savings.

BROKEN TO UNBREAKABLE

Here's A Summary Of Everything You Get

This is not your typical "program". I provide you with everything you need to be successful.




Broken To Unbreakable™

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- Exclusive Recovery Tools
- Expert 1on1 And Group Mentorship
- Box Set Of Physical Workbooks Shipped To You
- **True Lifetime Access To Everything**
- **Updates For Life**

~~\$4,997~~ **\$1,997** or 6x Payments of \$333

Questions? Ask them live

Get started right now, click the button to enroll 

What Makes Broken To Unbreakable Different?

Now let's talk results....

- ***Me personally, I started out my journey feeling completely broken***, I had no support, and absolutely no hope.
- ***Within 2 years I fully recovered from my PTSD*** with no symptoms or relapses whatsoever.
- ***And within 4 years I continued to grow*** and was living the life I had always dreamed of.
- ***And more than that it's even happening much faster with our clients***, now that they have a proven roadmap to follow.

BROKEN TO UNBREAKABLE

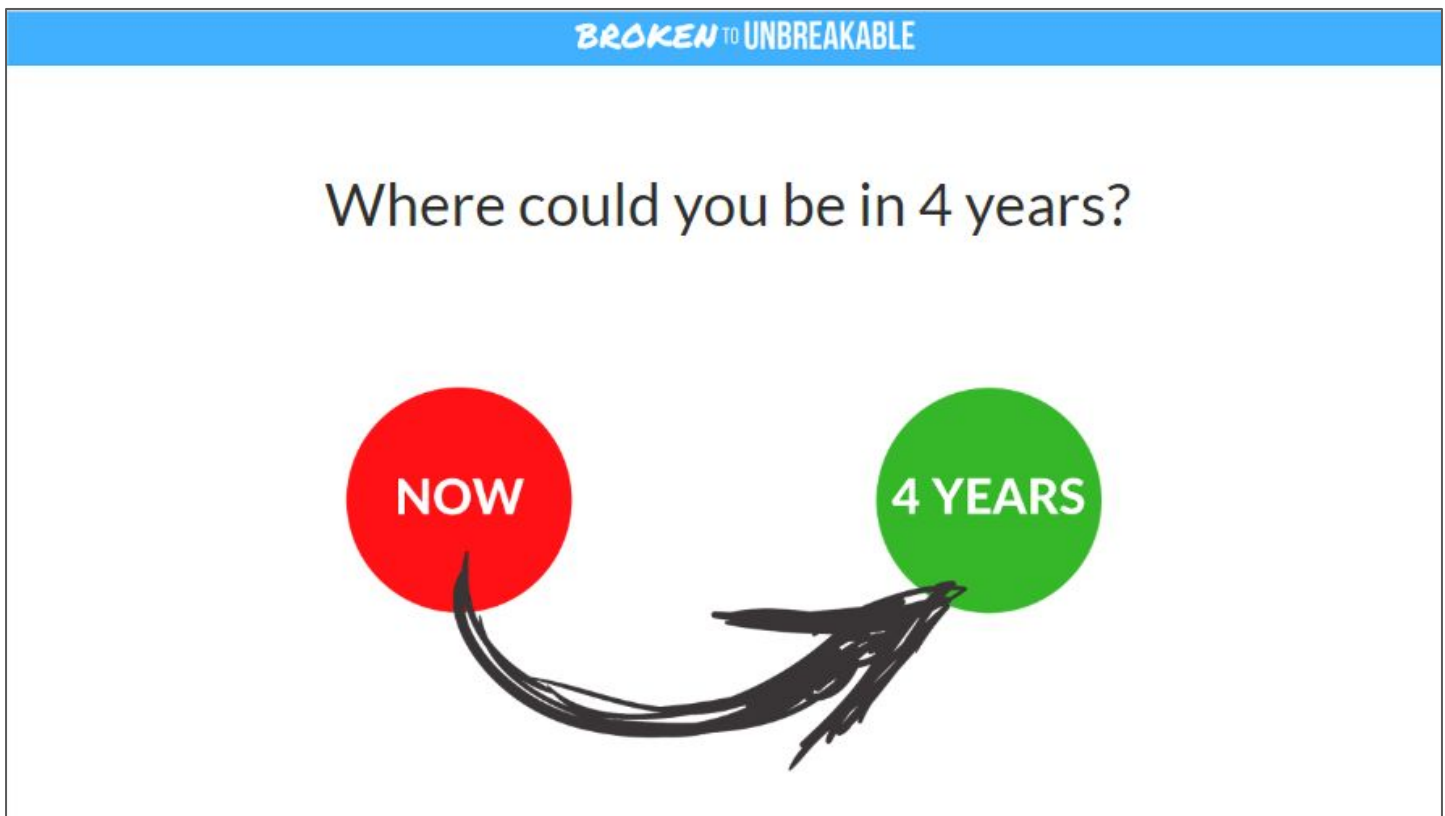
I went from broken to unbreakable in 4 years

What Makes Broken To Unbreakable Different?

Just think about it for a moment...where could you be in 4 years?

These years are going to pass whether you want them to or not. Weather you're ready for them or no It's up to you how you want them to go...

You can take control of them or you can leave it up to chance, hoping that time will heal.



What Makes Broken To Unbreakable Different?

Now, here is the offer once again. You can get started right now with the Broken To Unbreakable Program, and here's what you get. You get the full PTSD recovery program, which contains extensive break-through content to ensure that you finally recover and fully heal.

You get the mastering your mindset program all included. It shows you how to completely reprogram your mind, and how to completely grow into a new version of yourself.


You get access to the complete library of recovery tools for life, and you get expert 1on1 mentorship and the weekly live Q&A calls, the call recordings, and email support seven days a week. You get all of this for life....and you get the box set of the physical workbooks shipped out to you. You get everything that's included in there, no matter where you are in the world. We'll ship it to you immediately for free. You get free shipping anywhere, and the total price is usually \$5,000.

So, if you were to buy this yesterday, tomorrow, in a month, or in three months---basically, any other time other than right now, it would cost you a very real \$5,000, with no split-pay options.

BROKEN TO UNBREAKABLE

Here's A Summary Of Everything You Get

This is not your typical "program". I provide you with everything you need to be successful.




Broken To Unbreakable™

- PTSD Recovery Program
- Mastering Your Mindset Program
- Exclusive Recovery Tools
- Expert 1on1 And Group Mentorship
- Box Set Of Physical Workbooks Shipped To You
- True Lifetime Access To Everything
- Updates For Life

~~\$4,997~~ **\$1,997** or 6x Payments of \$333

Questions? Ask them live

Get started right now, click the button to enroll 

What Makes Broken To Unbreakable Different?

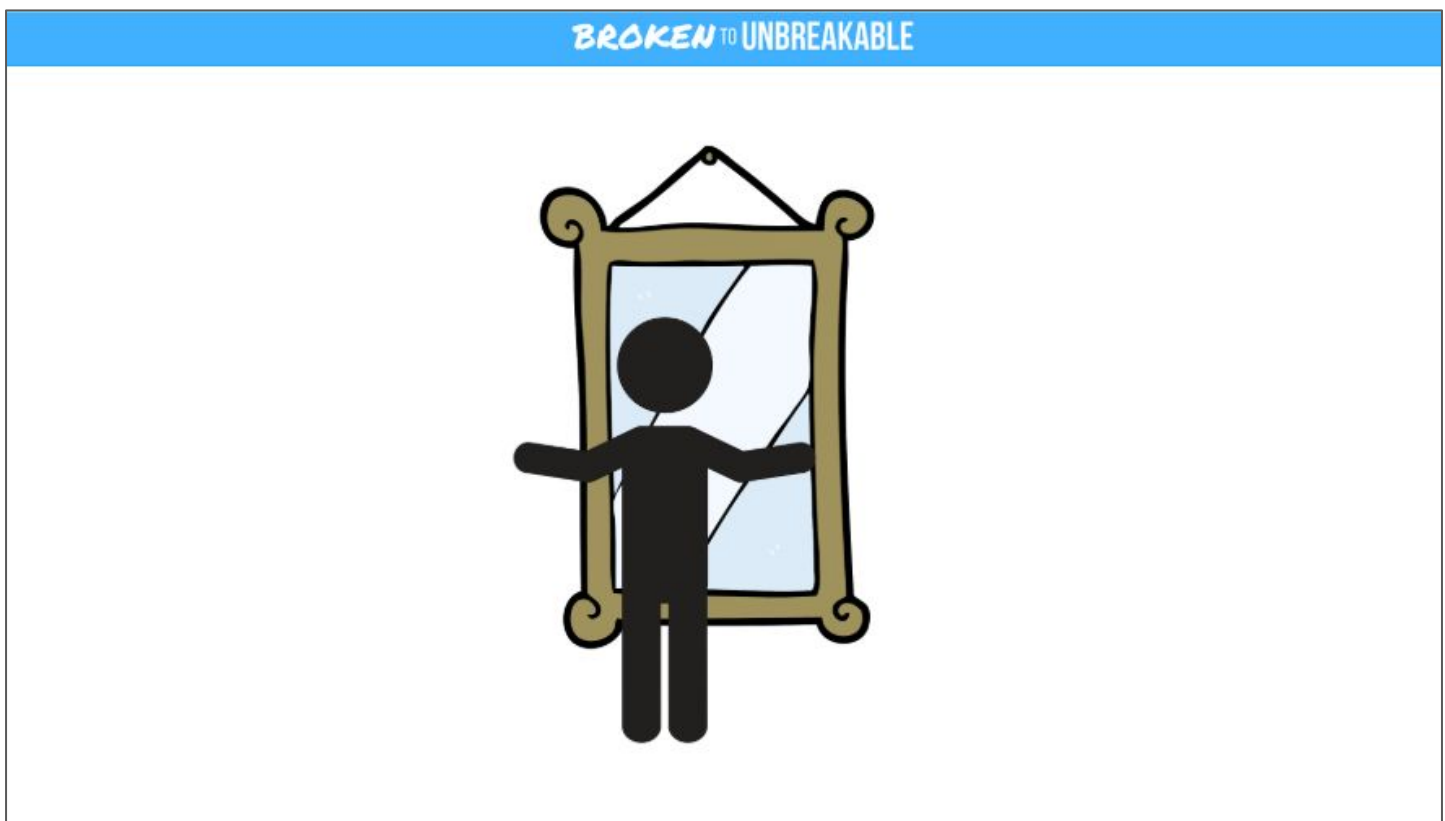
Now, I want to share with you one of the most profound life lessons I've ever learned.

Life is like a mirror. This is honestly one of the most important lessons I've ever learned, and it's super simple. Whatever attitude you have towards yourself, whatever behaviors you have, whatever actions you take, whatever you display, all of it will get reflected right back at you just like a mirror.

If you judge yourself, then others will judge you.

If you're not willing to invest in yourself, nobody else will be willing to invest in you.

This is incredibly important...



What Makes Broken To Unbreakable Different?

So many people walk around with their arms up in the air, wanting handouts and special treatment, but they don't understand their entire fate is in nobody's hands but their own. Things don't just come to you. You have to start by improving yourself and investing in yourself. Once you do that, that's when things start to change. Not the other way around.

This is one of those critical life decisions. If you sign up for this program, we'll show you exactly how to finally regain control of your life and heal your PTSD, step-by-step. We'll help you change your life. But in order to do that, you must start the process by investing in yourself and making the decision to sign up for the program.

If you want change in your life, then you've got to be willing to change yourself. You've got to step up to the plate. You have to take a swing.

BROKEN TO UNBREAKABLE

This is incredibly important.

What Makes Broken To Unbreakable Different?

I cannot stress this point enough...

I've spent tens of thousands of dollars, spun my wheels for over 15 years, read hundreds of books, spent thousands of hours trying and failing at new techniques, and wasted years of my life on things that never worked, and never gave me relief.

BROKEN TO UNBREAKABLE

I've spent tens of thousands of dollars, spun my wheels for over 15 years, read hundreds of books, spent thousands of hours trying and failing at new techniques, and wasted years of my life on things that never worked, and never gave me relief.

What Makes Broken To Unbreakable Different?

You have to face reality.

Just think about it. If you don't make a change, then nothing is going to change. Right now, if you don't have what you want, you need to make a change in your life.

If you want to improve your situation, and finally live the life you deserve and do the things you've always wanted to do, then you must face the truth. Stop lying to yourself about it.

If you want those things, then you've got to make a change to get them.

If you want something, and you expect something, but you don't change anything, that's really like the definition of insanity. You must face reality.

BROKEN^{TO} UNBREAKABLE

You have to face reality.

What Makes Broken To Unbreakable Different?

Life can only go one of three ways...

1. **One** is you don't do anything about your life, and you stay where you are right now.
2. **The second** one is you try to start recovering from your PTSD all alone. If you do that, you're going to struggle for years. **It's going to cost you a lot of money.**
3. **And the third option is** you can start your journey with the world's best recovery program, tools, support system, and mentors.

This first option---it's a sure-fire, guaranteed way nothing's going to happen. All right? That's just a fact. So, if you don't do anything about your life, you've already lost. If you don't enroll into this program today, if you don't take advantage of this right now, it's already done. It's decided.

Then number two: if you try to go at it alone, well, that doesn't work either. It's going to take a long time. It's going to take years. It's going to cost you a lot of money. Tens of thousands of dollars. Years. Decades. And it's going to be painful. So, that doesn't work either.

If you want make a change in your life, and you want to finally regain control of your life, then you want to start your recovery journey with the world's best recovery program, tools, support system, and mentors. That is the way to heal. Life can really only go one of these three ways.

BROKEN TO UNBREAKABLE

Life can only go 1 of 3 ways

- ~~1. You don't do anything and you stay where you are right now.~~
- ~~2. You try to start recovering from your PTSD alone~~
3. You can start your journey with the world's best recovery program, tools, support system, and mentors.

What Makes Broken To Unbreakable Different?

Sometimes it's the smallest decision that makes the biggest difference...

I can't help but think back to when I first got started. I felt broken. I was alone. I had no idea what I was doing, and I was laying on my alcohol soaked kitchen floor surrounded by pieces of shattered ceramic from all the dishes I threw out of frustration...

Where it all began was with just one single decision that I was going to make a change. It was this one decision that sparked a chain reaction and caused the rest of my life unfold the way it has.

It's really actually scary to think about. If I hadn't made that one decision, nothing would have happened. I would still feel broken, and might not even be here now. And that's just scary to think about.

BROKEN TO UNBREAKABLE

Sometimes it's the smallest decision that changes
your life forever

What Makes Broken To Unbreakable Different?

So, you want to make a decision to change. And you need to take that action right now. You don't want to end up still in the same place five or ten years from now, thinking, "What if?" You want to make it happen.


Sometimes the smallest decision can change your life forever, let's do it together.

I know that if you've hung around to this part of the workbook that you are really committed and that you're somebody who is ready for some change in your life, and is willing to do whatever it takes to recover. You know, I know that about you if you've hung around this long in this workbook. So it's your time, let's do this together.

Let's get you into this program, let's get you the help that you need, and let's get you started on your journey to full recovery. Let's start this together. And remember, sometimes it's the smallest decisions that changes your life forever.


So go ahead, click that button, let's get you started, let's get you enrolled, and let's lock in these savings. So thanks for reading this workbook and I look forward to seeing you in Broken To Unbreakable.

BROKEN TO UNBREAKABLE



Sometimes it's the smallest decision that can change your life forever.

Let's do it together.

Get started right now, click the button to enroll 

ADDITIONAL RESOURCES

Writing Your Commitment Contract

Now is the time for you to take your ***why's and purposes*** for wanting to fully recover and put them into a commitment contract. This will be something that you will hand write or type up and print out, it is a contract for you and your life, to commit fully to your recovery, and to never give up on yourself or your loved ones. This is extremely powerful for you.

Here are some things to include in your contract

- Who are you committing to?
 - *Ex. I commit to myself, my boyfriend Brad, my dog Shiloh, etc. That I will fully recover from my PTSD*
- Include your why's and purposes.
 - *Review your 'Crafting Your Why' Handout and include the strong emotional ties of why you want to get better and why you don't want to stay where you are.*
- Include why you deserve to recover.

Now, go write your contract, sign, and date it. This marks the point in your life where you make the decision to never give up on your goal to fully recover. Cherish this contract and refer to it often along your journey. I like to keep mine next to my bed at night so I can read it before I go to bed to remind me of my why's and my commitment to myself and my family.

On the next pages write your full commitment contract, and make it as detailed as you can...

I recommend ripping the pages out and put them next to your bed so you can read them everyday.

Example Commitment Contract

"I Kayleen, commit the entirety of my energy, focus, strength, and soul to full recovery of myself and my PTSD. I promise to myself, my boyfriend, my best friend, and my dog Shiloh, that no matter what happens, no matter how hard it gets, no matter how many nightmares or flashbacks I get, and no matter how many times I fall down that I will be kind to myself, brush myself off, and keep striving towards full recovery.

There is nothing in this world that will make me give up, I deserve to be happy, calm, relaxed, and at ease every single day. I deserve to sleep through the night every night. I deserve to have my best life. I will never stop, I will never give in, and I will work to overcome this so I can be a success story to all of those who are suffering right now. There is a reason why I have my PTSD, and it is to first make me a stronger and better person, and secondly so I can help more people who are in the same situation as me. I know that my PTSD and my struggles make me stronger everyday. And even though I feel like giving up sometimes, I never will because of the love I have for myself, my family, my friends, and for every one else on this planet that has suffered.

I Kayleen, vow 100% of my energy to overcoming PTSD permanently.

Signed,

Kayleen

My Commitment Contract

My Commitment Contract

Recovery Habits - Handout

Habit Of Awareness

- Awareness of Body
 - Be aware of how your body reacts to your environment, know when you are getting stressed, triggered, etc. Always be on watch to see if your body is getting tight or stressed anywhere.
- Awareness of Thoughts
 - Be aware of your thoughts and how things affect your thoughts. Know how certain situations, environments, and people affect how you think. Protect your mind.
- Awareness of Actions
 - Be aware of what you are doing everyday. Become more and more conscious of the habits that you may not be aware of now. Notice how they are affecting you and your life.

Recovery Habits - Handout

Habit Of Positivity

- Only Keeping Positive Inputs
 - Only allow positive inputs into your life. Be aware of how your inputs are affecting you and make sure that they are having a positive impact on you and your recovery. Remove everything that is dragging you down.
- Swapping Negative With Positives
 - When you become aware of your negative thoughts create a habit of swapping the negative for a positive. Keep repeating the positive in your mind until your mind is full of positive thoughts and you can feel the stress and tension leave your body.
- Expressing Gratitude Throughout The Day
 - Express gratitude for everything good in your life. There is good everywhere no matter who you are, what you've been through, or where you are. There is good and bad in every situation. Make the conscious choice to focus on the good and express gratitude to those things constantly.
- Looking At The Best In Every Situation
 - There is always good. Create the internal habit of looking at the best in every situation. Always be on the lookout for something good. All too often do we only focus and complain about the bad things in our life. We need to shift our focus to the good.

Habit Of Healthy Living

- Diet & Exercise
 - Diet and exercise have a crazy impact on your life. Your energy, focus, and mental clarity rely on it. Eat healthy, don't overeat, and exercise everyday. When we eat too much food we feel sluggish. Be aware of how the food you eat makes you feel. Most aren't even aware that certain foods make them feel tired and low energy. Take this seriously and learn as much as you can about improving your diet and exercise routines.

Recovery Habits - Handout

Habit Of Acceptance

- Create the internal habit of accepting your situation, emotions, and the past. Keep reminding you that the past is the past and it will never happen again. That it is just a thought that you hold in your mind. Accept the situations that are given to you and keep moving forward. Do not allow small events to drag you down.

Habit Of Now

- Your mind is like an attic, do not let it get filled up with tasks. It is filled up with too much stuff as it is. Create the habit of completing tasks as they come into your life. When you think about doing something do not put it off, get it done now so it does not take up any more precious space in your mind.

Habit Of Consistent Growth

- Healing
 - Create the habit of continuous healing. Make it a habit to meditate everyday, or do your relaxation exercises everyday. Pick the things that relax you and calm you and build a habit around doing those everyday.
- Learning
 - Create the lifelong learning habit. As long as we are learning we are growing and recovering. As long as we keep exposing ourselves to successful people who are recovering and healing and growing we will continue to grow and get better. This is one of the most important habits to build on this list. Read, study, listen to audiobooks in the car, and master the material I am giving to you. We only retain about 10% of what we learn the first time through, so repetition is key! Learn about all areas of your life.
- Experimenting With New Ideas
 - As we are learning we need to keep ourselves open to trying and experimenting with new things. The only way we are going to improve our lives and heal is if we experiment to find out whether or not it works. We are often quick to judge and slow to try new things. Be different, try new things...do the things that you may not want or like to do, because that could be the very thing that holds the key to your full recovery.

TO GET FULL ACCESS PLEASE VISIT
www.BrokenToUnbreakable.com/signup

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Get Full Access To Our 200+ Page Revolutionary PTSD Recovery Workbook Now

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