



**At REBOOT Recovery, we offer courses that help people heal from trauma.**

REBOOT courses are rooted in faith and led by everyday people who have a passion to help those who are hurting. We partner with individuals, churches, nonprofits, government facilities and clinicians to bring our courses to communities across the nation and around the globe.



**Military REBOOT is our 12-week, faith-based, peer-led course that helps veterans, active-duty military and their families heal from trauma.**

At REBOOT courses across the country, military families are reconciling, divorce rates are dropping, medication abuse is decreasing, and suicide numbers are falling. It's time for a breakthrough in the war against trauma.

**Ready to lead a REBOOT course?  
Purchase your LeaderPass and get started today!**

**[REBOOTRECOVERY.COM/LEAD](https://REBOOTRECOVERY.COM/LEAD)**





## SAMPLE CHAPTER

# WEEK 1: THE FIGHT OF YOUR LIFE

**On the pages that follow, you'll find the complete curriculum for one of the 12 weeks of the Military REBOOT course.** In addition to the participant Field Guide pages, we've included all of the leader materials for this sample chapter as well, so you can see exactly what your leader sees as he or she facilitates a course meeting.

Check your email for the link to watch the corresponding video.

During each weekly course meeting, you begin by watching a brief opening video as a group, then you follow your workbooks through a time of discussion, guided by your course leaders. The curriculum walks your group through the entire lesson from start to finish.

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This sample chapter addresses how the symptoms of trauma are connected not just to physical or mental wounds but to spiritual roots. Other topics covered by the course include:

- *Making wise choices*
- *Finding freedom from guilt*
- *Overcoming depression and suicide*
- *Rebuilding self-identity*
- *Letting go of pride*
- *Dealing with loss and grief*
- *Forgiving self and others*
- *Moving forward with confidence*

SESSION 1

# THE FIGHT OF YOUR LIFE

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## SUMMARY

One thing is for sure: the battle you're facing right now is likely one of the toughest challenges you'll ever encounter. It's safe to say that you're in the fight of your life. But you won't remember this as the fight of your life solely because of its difficulty. You will forever remember this as the fight of your life because of your incredible "come from behind" victory. And here's the best part! You won't be fighting alone. Take a look at the people to your left and right. They're not just random folks who happened to show up. No! They are the team that God has handpicked to help you win this battle. They may not look like the fighting force you would have assembled, but God sees something special in them—unique gifts that they will share with you just when you need them to keep moving forward.

# SESSION 1

# BRIEFING

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## **INTRODUCE YOUR TEAM**

Begin your lesson by briefly introducing your leadership team.

## **ICEBREAKER**

One by one, invite each of your group members to introduce themselves to the rest of the group by saying their names and answering: “What was the first concert you ever attended?”

## **ARE THERE ANY REBOOT GRADUATES PRESENT?**

If there are any REBOOT graduates present who have been through a REBOOT course in the past, ask them to briefly share their experiences with the rest of the group, answering the following questions:

“What did you expect and what did you experience?”

“What advice do you have for people who are joining for the first time today?”

# SESSION 1

# LESSON

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**VIDEO TEACHING** *or* **LIVE TEACHING**



*Play the Week 1 teaching video, pausing for discussion or Field Guide interactions when prompted.*

*Teach the lesson and guide your group's discussion directly from the lesson text starting below.*

## INTRODUCTION

*Trauma.*

Some of us have experienced it our entire lives. Maybe we were abandoned or abused as a child, neglected by those we counted on, surrounded by addiction, or in and out of homelessness. The terrible things we experienced have deeply affected who we are and how we interact with the world. For us, trauma isn't confined to our military experience. Rather, our military service exposed and aggravated old wounds we thought we had learned to ignore.

Others of us experienced trauma because of our military service. Maybe we went through a rough deployment, a tragic accident, a career ending injury, or sexual abuse at the hands of another service member. Now, every Veterans Day and Memorial Day, we're unsure how to feel. Torn between feeling proud of our service and wondering what life would be like if we had never raised our right hand, we find ourselves growing increasingly weary of the fight.

One thing is for sure: the battle you're facing right now is likely one of the toughest challenges you'll ever encounter. It's safe to say that you're in the fight of your life. But you won't remember this as the fight of your life solely because of its difficulty. You will forever remember this as the fight of your life because of your incredible "come from behind" victory. It will be the stuff of legends. Your friends and family will look back on these 12 weeks and remember how you gave it your all and kept swinging—even when the enemy had you up against the ropes. They'll talk about the courage you displayed as you went to the darkest places of your trauma and fought through the fears and tears to emerge stronger and successful.

And here's the best part! You won't be fighting alone. Take a look at the people to your left and right. They're not just random folks who happened to show up. No! They are the team that God has handpicked to help you win this battle. They may not look like the fighting force you would have assembled, but God sees something special in them— unique gifts that they will share with you just when you need them to keep moving forward.

Some of you may have the gift of endurance, showing us how to persevere even when things seem impossible. Others may bring a gift of peace, bringing a calming presence that helps others process their emotions. And some of you may lead by example, showing vulnerability when it may be easier to stay silent.

Regardless of the gift you bring, this fight will require all of us.

Let's make something clear from the start: our role as a group leader is highly overrated.

After all, we can't rescue you, save you, or heal you, even if we try. All we can really do is provide some guidance and create a space where we all work together toward healing. But it is each of you who will ultimately determine how much healing you get from this course.

Your trust in one another and your trust in the process will be vitally important. The challenge is, many of you are strangers, and trauma can make it hard to trust others. You might be here tonight not sure what to expect, and maybe doubtful that REBOOT will be any different from other programs you've tried that didn't help. If that's the case, you aren't alone. In fact, most people who come to a Military REBOOT group fall into one of three categories:

- ▶ They were dragged into REBOOT by someone who loves them.
- ▶ They dragged someone they love to REBOOT because they aren't sure what else to do to help them.
- ▶ They came willingly, but they are skeptical that REBOOT can actually help them heal.

We aren't scared of your skepticism or doubts. Since the start of REBOOT Recovery, more than 20,000 people have come into a course feeling pretty much the same way, and here's what they would tell you if they were sitting here right now:

"REBOOT works—if you let it."

They would tell you to engage from the start and to trust the process.

Processes in the military are governed by standard operating procedures (SOPs). These SOPs are designed to ensure the safety and success of every mission. At REBOOT, we are on a mission to help you overcome trauma. Each of the next 12 weeks, we will work together toward that specific mission by walking through this curriculum step by step. While we will absolutely provide support to one another, this won't be a support group in the typical sense where we share without much structure. Rather, it will be a course that has a clear beginning, middle, and end to each session.

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During our discussions, there are some SOP's that we will need to follow to accomplish this mission. Let's take a second to have you read through these as a group:



*Pause the video and have the participants take turns reading the SOP's found on page 8 of their Field Guides.*

### **1. Confidentiality**

Anything said in our group stays in our group. While we aren't a support group, we do support one another. Trust takes time to build but only moments to destroy. Let's maintain confidentiality in our group.

### **2. Community First, Course Second**

Each week we'll begin with a time of building community. Next, we'll work through a specific topic related to trauma, share some group discussion, and then assign a weekly Homework Challenge. While you might have come for the content, it's the community that will keep you coming back.

### **3. No Judgment or Comparison**

Trauma is complicated, and each one of us experiences and copes with trauma differently. None of us can judge another person's level of trauma. Because we've each had different experiences, we don't all enter REBOOT looking to answer the same questions. We won't compare our trauma, and we'll respect each other at all times.

#### 4. Zero Pressure Faith

While we don't hide that this is a Christian faith-based course, REBOOT isn't affiliated with a specific church location or denomination.

Furthermore, you are welcome to join this group no matter your faith background, and we won't pressure you to share our beliefs.

#### 5. Lead with Grace, Not Advice

When someone shares, our instinct might be to give advice on how to handle their situation. But instead of jumping to advice, let's start with understanding and sharing from our own experiences. For example, if someone shares something you want to respond to, instead of saying, "You should try XYZ," say, "In my life, I've found XYZ to be very helpful."

In addition to these SOPs, there are some tools we'll be using.

First is your Field Guide. Your Field Guide is much more than a workbook. It is a tool for documenting your healing journey, and you'll use it every time we meet.

Next, there's an online tool called MyREBOOT. This online hub offers extra resources and tools to support you in healing from your trauma, throughout these 12 weeks and beyond. We're going to take a minute and help you set up your account right now.



*Pause the video and have the participants create a MyREBOOT account using the instructions found on the screen. If teaching live, read the instructions below.*

1. Visit [rebootrecovery.com/free](https://rebootrecovery.com/free) to set up your free account if you haven't already.
2. Download the free MyREBOOT app from the App Store (available now for iPhone, iPad, and Android)
3. Access the Military REBOOT for Participants online course by logging into MyREBOOT.

Now that you're in, you have two tasks you'll need to complete before we meet next week.

First, you'll find a Welcome Survey located in the "Before You Start" section of the Military REBOOT online course. The purpose of the survey is to evaluate and improve our courses, and we need your help to do that! The survey is fairly voluntary, fairly short, anonymous, and none of your course leaders will have access to your feedback. If you haven't completed that survey yet, please complete this Welcome Survey before we meet next time.

You'll also find a weekly podcast called the Midweek Check-In. Each week's Check-In builds on what we've covered in the lesson and prepares you for what's in store the following week. This week, we encourage you to go to the "Week 1" section and watch or listen to the first Midweek Check-In podcast and answer the brief questions listed in your Field Guide.

Before we go any further, let's take a minute and make sure you can find the Welcome Survey and the first Midweek Check-In.



*Pause the video and have participants scroll to the Welcome Survey and Midweek Check-In. Verify that everyone in the room has access and knows what to do this week.*

One of the most common reasons people don't finish REBOOT is because they feel like they don't qualify. They hear us talk about trauma and they think, "Sure, I've experienced some painful things, but I'm not sure I'd classify them as traumatic." That's fairly common and is partially what makes trauma so destructive in our lives. If we can't clearly define what trauma is, then how are we supposed to heal from it?

By its most simple definition, trauma is a deeply disturbing or distressing experience or series of experiences. If you have been to war, experienced abuse (mental, physical, spiritual, or sexual), were neglected or abandoned as a child, lost a close loved one, survived a natural disaster, or even lived in close proximity to someone who has experienced trauma—you're in the right place.

Trauma doesn't discriminate. White, Black, military, civilian, gay, straight, Christian, Muslim, or atheist—none of us is outside the reach of trauma. According to the Sidran Institute, three out of four adults have experienced a traumatic event in their lives, and most of them will never truly heal.[1]

But you will. That's because you are taking action; you are doing something about your trauma, when so many people do nothing. Healing from trauma ends in empowerment—to move forward in spite of the past—and empowers you to help others by sharing your unique story.

In the military, you'll often hear service members refer to a messed up situation as "FUBAR."

Just in case anyone in our group isn't familiar with the term, the acronym FUBAR is an abbreviated way of saying that something is "messed up" beyond all repair. Trauma can make us feel that way. It impacts the whole of us—our minds, bodies, souls, and spirits. In a relentless attack, trauma lays siege on self-esteem, our trust in humanity, and our emotional command centers. It is as elusive and as tough to defeat as any enemy could be.

Time alone won't heal it. Faith alone won't fix it. Medicine alone won't mend it. And living life alone will only make it worse.

But it isn't FUBAR. Trauma didn't break you. You are not broken. You are wounded. And wounds can heal if proper steps are taken.

And here's the great news! You all have already taken a step toward healing by showing up to this group. That's awesome. We are so thankful that you're here.

[1] "Traumatic Stress Disorder Fact Sheet." Sidran Institute. <https://www.sidran.org/wp-content/uploads/2018/11/Post-Traumatic-Stress-Disorder-Fact-Sheet-.pdf>

But let's talk about what a wrong step might look like. A step in the wrong direction would be to attend this first session, decide it's not helpful, and never return. That's because trauma isn't a little papercut that we can stick a bandaid on and call it good. Healing from trauma requires focused effort over time. It requires a series of intentional steps in the right direction. And we want to walk through those steps together. So before you decide if REBOOT is right for you, give us three weeks. If at the end of those three weeks you don't feel like continuing, you are free to step back and focus your energy elsewhere.

Fair enough?

We don't think you'll want to leave after the first few weeks because REBOOT has been helping military families for more than a decade. And year after year, REBOOT participants see significant decreases in anxiety, depression, pain, isolation, and hopelessness. They also experience increased gratitude, self-esteem, well-being, connection, and purpose.

Do you want any of that? It wasn't impossible for them, and it isn't impossible for you. But we aren't here to sell you on the idea. We are here for no other reason than that we care about you and want to help you find true, lasting healing.

We can't promise that all of your symptoms will get better. But we can promise that, in spite of your symptoms, you can live a life that is full of joy and freedom. Completing REBOOT may be one of the hardest things you'll ever do, but it will be worth it.

What are you hoping to get out of your time with REBOOT? If there were absolutely no limits, what incredible changes would you love to see in your life by the end of this course? Feel free to dream big here. After all, you're investing your time, so what's your ultimate goal? Let's take a moment to chat and share your thoughts.



*Pause the video and invite participants to share what they hope to gain from their experience in REBOOT.*

Look one more time at the people to your left and right. Your dedication to this REBOOT course involves more than just your personal journey through trauma. You also share a responsibility to them as fellow veterans and military family members.

You've raised your hand to fight for the freedom of people you've never met. But today, let's ask this: What will your commitment be for the person seated beside you? Will you stand up for them? Will you let them stand up for you? Will you commit to the hard work?

If so, let's get started. We couldn't be more excited to have each of you in this group. We believe that you'll emerge from this battle stronger than ever before. We believe that together, we will overcome trauma and embrace a brighter future.



*As you close, remind participants about the Welcome Survey and Midweek Check-In podcast in MyREBOOT, as well as the Homework Challenge in their Field Guides. Encourage group members to take time to complete these tasks prior to your next meeting.*

*Trauma didn't  
break you.*

**You aren't broken.  
You are wounded.**

*And wounds can  
heal if proper steps  
are taken.*

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**REBOOT TRUTH #1**

# STANDARD OPERATING PROCEDURES

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## 02. Community First

Each week we'll begin with a time of building community. Next, we'll work through a specific topic related to trauma, share some group discussion, and then assign a weekly Homework Challenge. While you might have come for the content, it's the community that will keep you coming back.

## 03. No Comparisons

Trauma is complicated, and each one of us experiences and copes with trauma differently. None of us can judge another person's level of trauma. Because we've each had different experiences, we don't all enter REBOOT looking to answer the same questions. We won't compare our trauma, and we'll respect each other at all times.

## 04. No Pressure Faith

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## 05. Zero Rank

While rank is of utmost importance in the military, in this room, we are all equals. Our goal is to overcome trauma together, which is only possible if we set aside rank structure and get real with one another.



# ESSENTIAL TOOLS

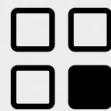
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*In addition to our SOPs,  
there are some tools we'll  
be using to heal.*



## 1. FIELD GUIDE

Document your healing journey one session at a time.



## 2. MyREBOOT

This online hub offers extra resources and tools.



## 3. CHECK-IN

Go deeper between sessions by listening to the Midweek Check-In.



## 4. SURVEY

Measure your healing and help us improve our courses through a short survey. None of your course leaders will have access to your feedback.



YOU ARE NOT  
**BROKEN.**

YOU ARE **WOUNDED.**

And \_\_\_\_\_ can \_\_\_\_\_  
if proper steps are taken.

## MY GOALS

If there were absolutely no limits, what incredible changes would you love to see in your life by the end of this course?

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# The MIDWEEK CHECK-IN

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Welcome to your first Midweek Check-In! Between each of your weekly meetings, tune into this podcast from the REBOOT team that will amplify what you've just covered and prepare you for what's coming the next week.

In this week's Check-In, we'll explore how our minds and bodies are naturally wired to respond to trauma and why your response doesn't indicate that you are broken. Watch or listen in MyREBOOT, then answer the questions below. *(Not signed up for MyREBOOT yet? Ask your leader for help.)*

**Why did you decide to attend REBOOT?**

**What are you most looking forward to from your REBOOT experience? What are you most nervous about?**

# »»» HOMEWORK FOR WEEK 1

*On a scale of 1 to 10, where 1 means you have no hope whatsoever, and 10 means you are completely positive, how confident are you that you can and will experience healing from your trauma? Circle a number:*

**1   2   3   4   5   6   7   8   9   10**

**What do you think could come along that would bump that number up closer to 10? Specifically, what would you like to see change in your life over the next 12 weeks? Fewer symptoms? Better relationships?**

**Take 10 minutes and reflect on these questions. Write your answers in the space provided below.**



# COURSE OBJECTIVES

- ✓ To teach course participants how stress and trauma can cause "soul wounds," which can lead to Post-traumatic Stress and Post-traumatic Stress Disorder in themselves and in their families.
- ✓ To help participants experience the strength and optimism generated by an inclusive, cohesive group of supportive "battle buddies" with whom they can feel heard and understood.
- ✓ To provide a non-judgmental environment where participants can process and share their traumatic experiences with others who have had similar experiences.
- ✓ To provide a safe, confidential environment where participants can share experiences and observations without fear of repercussions from their military commanders (if still active), current employers, or other service members.
- ✓ To teach participants to engage in a balanced, three-dimensional approach to trauma involving physical, psychological, and spiritual components.
- ✓ To help participants recognize the counter-productive nature of most of their typical methods of coping with stress and trauma.
- ✓ To give participants practical steps to follow when dealing with particularly debilitating aspects of stress and trauma such as anger, loss, grief, false guilt, bitterness due to unforgiveness (of self and others), depression, and suicidal ideation.
- ✓ To involve the spouses of service members and veteran participants in the whole REBOOT experience so that they can better understand their warriors, be more supportive, and care for their own secondary trauma issues.
- ✓ To help participants re-frame adversity in their lives, seeing it as a potential agent of strengthening, growth, and resiliency instead of harm and distress.
- ✓ To help participants view God as a responsive, engaged, compassionate, healer and source of power, inspiration, and resiliency, and to approach Him as such.
- ✓ To give participants the vision that, as they gain strength, stability and healing, they are equipped to help others who are struggling with trauma.

# The REBOOT LeaderPass

One annual investment. **Lifelong impact.**

**Getting started as a REBOOT leader is now easier than ever.** Simply purchase your REBOOT LeaderPass for \$299/yr and select any of our three courses you'd like to lead . . .



- **Trauma REBOOT**
- **Military REBOOT**
- **First Responders REBOOT**

**\$299/yr**

## ▶ **Participant Materials**

**\$25 each • Includes:**

- REBOOT Field Guide workbook
- MyREBOOT FreePass w/mobile app
- Access to additional helpful content in MyREBOOT library

**Bulk pricing for participant materials is available:**

- \$25 per Field Guide
- \$22 per Field Guide for a bundle of 10 guides
- \$20 per Field Guide for a bundle of 20 guides or more

- ▶ **With your LeaderPass, you can add as many additional leaders as you'd like. They will simply purchase their leader materials.**

## WHAT'S INCLUDED

### ▶ **Complete Curriculum**

- Our complete 12-week course curriculums for all three programs include teaching videos, printed lessons, and step-by-step instructions to guide you from start to finish.

### ▶ **Leader Tools**

- REBOOT Leader Handbook with all teaching material for the 12-week courses
- REBOOT Leadership Academy Manual and Training Videos to prepare your leadership team prior to the start of your course
- Complete access to MyREBOOT online aftercare library and mobile app

### ▶ **Outreach Materials**

- Customizable print-at-home flyers
- Social media graphics
- Promotional videos and PowerPoints

### ▶ **Dedicated Support**

- Our REBOOT HQ team is always on hand to assist with any questions or concerns along the way. You can even schedule a private coaching session with our team.
- *The LeaderPass is an annual subscription which will auto-renew in 12 months. After purchase, you'll create an account to manage your subscription.*

**Ready to Get Started?**

Visit **REBOOTRECOVERY.COM/LEAD**