



THESE WILD HUMANS

# PRACTICAL RESILIENCE

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# FOUR DIRECTIONS

# WHERE IS YOUR SUFFERING?

Many of us attribute terms like PTSD, GRIEF, TRAUMA, DEPRESSION, and SUFFERING to people who have been through a very specific life experience.

Is it true that adverse childhood events, adult trauma and repeating trauma can construct cycles in our neurological systems? YES.

Is it true that only people who have experienced deep and repeating trauma experience things like grief, or depression, or even PTSD? NO. (NO, NO, NO.)

There are many shades of grief, and many types of micro-aggression and trauma which add layers of complexity and difficulty to each of our lives.

When we get lost in the swirl.... well, we must find our way out of the swirl in order to move on.

And that's where we come face to face with.....*practical resilience*.

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# LONELINESS

ANALYTICAL  
WISE  
DEPENDABLE

BASIC DESIRE: TO BE CAPABLE  
BASIC FEAR: BEING INTRUDED UPON

COMPETENT, CURIOUS, PERCEPTIVE,  
SELF-SUFFICIENT, INVENTIVE.

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# GRIEF

OPTIMISTIC  
EFFICIENT  
MOTIVATOR

BASIC DESIRE: TO FEEL VALUABLE

BASIC FEAR: BEING WORTHLESS

SUCCESSFUL ACHIEVER, COMPETENT,  
WELL-LIKED, AND CHARMING.

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# ISOLATION

ANALYTICAL  
WISE  
DEPENDABLE

BASIC DESIRE: TO BE CAPABLE  
BASIC FEAR: BEING INTRUDED UPON

COMPETENT, CURIOUS, PERCEPTIVE,  
SELF-SUFFICIENT, INVENTIVE.

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The image features four stylized constellation-like line drawings in the corners, each consisting of small circles (stars) connected by dashed lines. A large, thin-lined circle is centered on the page, and a square frame is also centered, with the text elements placed within it.

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# DISENGAGEMENT

ANALYTICAL  
WISE  
DEPENDABLE

BASIC DESIRE: TO BE CAPABLE  
BASIC FEAR: BEING INTRUDED UPON

COMPETENT, CURIOUS, PERCEPTIVE,  
SELF-SUFFICIENT, INVENTIVE.

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# WHAT CREATES JOY+ EASE?

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# HARMONY

PATIENCE  
UNDERSTANDING  
ACCEPTANCE

BASIC DESIRE: PEACE  
BASIC FEAR: CONFLICT

JOYFUL, CALM,  
STABLE, GROUNDED.

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# SOVEREIGNTY

DEVOTION  
COURAGE  
TRUSTWORTHINESS

BASIC DESIRE: SECURITY  
BASIC FEAR: FEAR ITSELF

CONNECTED, ROOTED,  
DEPENDABLE, LOYAL.

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# BELONGING

UNIQUE  
AUTHENTIC  
TRUE

BASIC DESIRE: TO BE AUTHENTIC  
BASIC FEAR: BEING INADEQUATE

ROMANTIC, DEEP FEELING,  
EMPATHETIC, CREATIVE, INDIVIDUAL.

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# PRESENCE

ANALYTICAL  
WISE  
DEPENDABLE

BASIC DESIRE: TO BE CAPABLE  
BASIC FEAR: BEING INTRUDED UPON

COMPETENT, CURIOUS, PERCEPTIVE,  
SELF-SUFFICIENT, INVENTIVE.

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# CONNECTION

OPTIMISTIC  
FLEXIBLE  
ADVENTUROUS

BASIC DESIRE: TO BE FULFILLED  
BASIC FEAR: BEING INCOMPLETE

FUN-LOVING, IMAGINATIVE,  
SPONTANEOUS, OPTIMISTIC, HIGH-  
SPIRITED

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# STEPS FOR PRACTICAL RESILIENCE

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# BEING

DRIVEN  
RESPONSIBLE  
DUTIFUL  
AMBITIOUS

BASIC DESIRE: TO BE GOOD  
BASIC FEAR: BEING CORRUPT

LIKE TO BE IN CONTROL, TO BE  
JUDICIOUS, AND ETHICAL,  
RELIABLE, AND WISE

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# VISION

DRIVEN  
RESPONSIBLE  
DUTIFUL  
AMBITIOUS

BASIC DESIRE: TO BE GOOD  
BASIC FEAR: BEING CORRUPT

LIKE TO BE IN CONTROL, TO BE  
JUDICIOUS, AND ETHICAL,  
RELIABLE, AND WISE

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# MINDSET

PATIENT  
OPEN-MINDED  
GENEROUS

BASIC DESIRE: TO HAVE INNER STABILITY  
BASIC FEAR: BEING UNIMPORTANT

AGREEABLE, PATIENT, SUPPORTIVE,  
GENUINE, UNDERSTANDING.

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# WISDOM

DRIVEN  
RESPONSIBLE  
DUTIFUL  
AMBITIOUS

BASIC DESIRE: TO BE GOOD  
BASIC FEAR: BEING CORRUPT

LIKE TO BE IN CONTROL, TO BE  
JUDICIOUS, AND ETHICAL,  
RELIABLE, AND WISE

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# NOW WHAT?

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# LIGHTEN UP (AND MANIFEST)

DECISIVE  
PROTECTIVE  
INDEPENDENT

BASIC DESIRE: TO BE IN CONTROL  
BASIC FEAR: TO BE VULNERABLE+ WEAK

MAGNETIC, SELF-ASSURED,  
INFLUENTIAL, CLEAR, BIG-HEARTED.

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FOUR DIRECTIONS

# 3 RULES TO MANIFEST

1. DOES IT SOUND TRUE?
2. DOES IT MAKE SENSE?
3. DOES IT RESONATE WITH  
YOU?

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LET'S KEEP TALKING

WEBSITE:

[thesewildhumans.com](http://thesewildhumans.com)

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SOCIALS:

[@thesewildhumans](https://www.instagram.com/thesewildhumans)

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