



Spiritual Resiliency



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Terminal Learning Objective

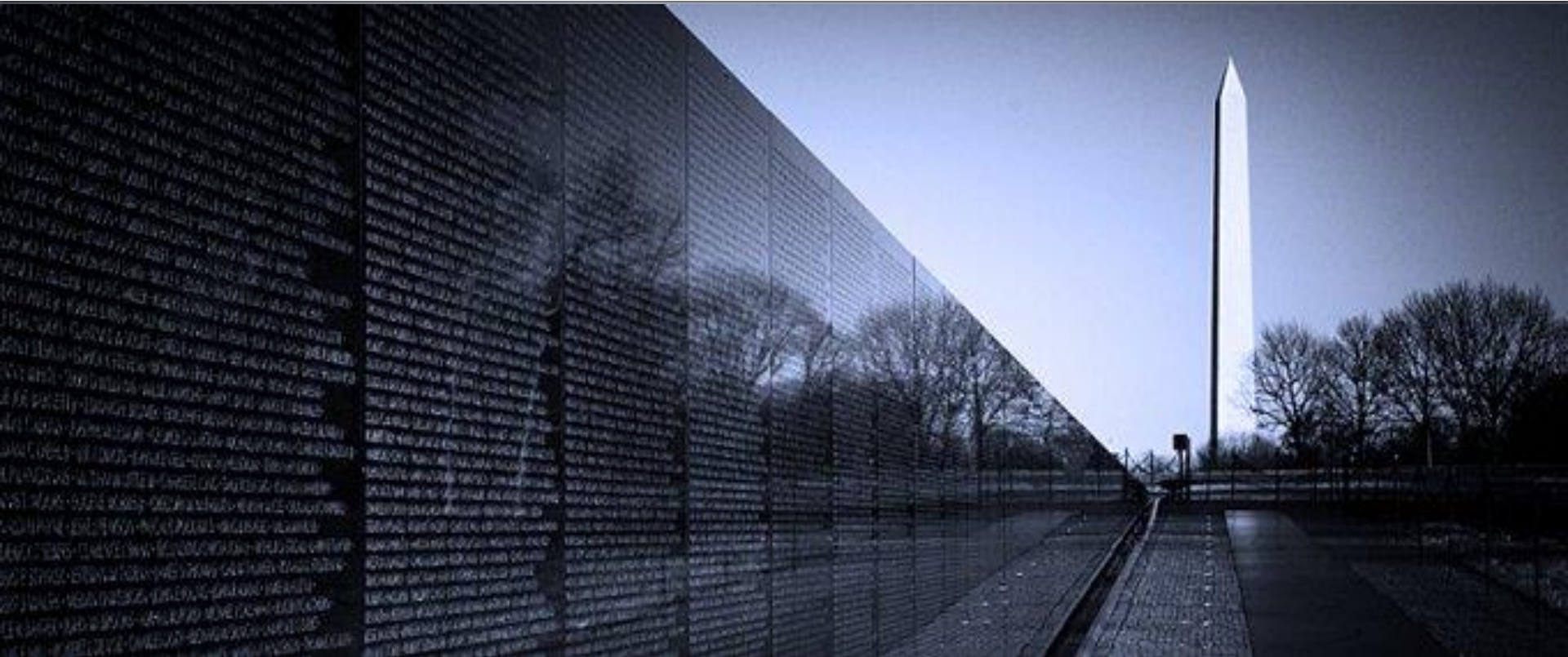


- Objective: To know the value of spirituality within the framework of Comprehensive Soldier & Family Fitness (CFS). AR 350-53
- Skill: Given tools, Soldiers will be able to identify and codify personal spiritual identity.
- Leaders: Understanding the importance of spiritual fitness, leaders will have an additional knowledge base whereby to evaluate moral decisions.

Part 1

Why are we here?

A Father and His Vietnam Veteran Son...
Discussion – 5 Minutes





What is Resiliency?



- The ability to respond well through adversity.
- NOT:
 - Making things easier
 - Removing job responsibilities
 - Telling people indiscriminately to suck it up



Spiritual Fitness



Hope
Acceptance
Value
Respect
Knowing your way
Sense of accomplishment



Spirituality is...



“Identifying one’s purpose, core values, beliefs, identity, and life vision define the spiritual dimension. These elements, which define the essence of a person, enable one to build inner strength, make meaning of experiences, behave ethically, persevere through challenges, and be resilient when faced with adversity. An individual’s spirituality draws upon personal, philosophical, psychological, and/or religious teachings or beliefs, and forms the basis of their character.”

Comprehensive Soldier and Family Fitness, AR 350-53, 2-5



Key Terms



Spirit: who we are, our sense of purpose, our sense of belonging, what is true, what is set apart

Spirituality: the journey or process of searching for the sacred in one's life

Spiritual Fitness: the ability to see meaning, live in accord with one's convictions



Spirituality is...



- "... the worldview component of one's human spirit, or personal essence. This system of beliefs defines who a person is, what the person stands for, serves as a guide for determining behavior – especially in ambiguous and chaotic situations – and also provides the courage and will to act in accordance with one's beliefs and values."
- ACLU



Activity: Agree/Disagree



In the universe, it is possible to find my place.

I am a spiritual person.

In my family, I have support and commitment.

In my civilian career, I find fulfillment.

I have a strong spiritual support system in my life.

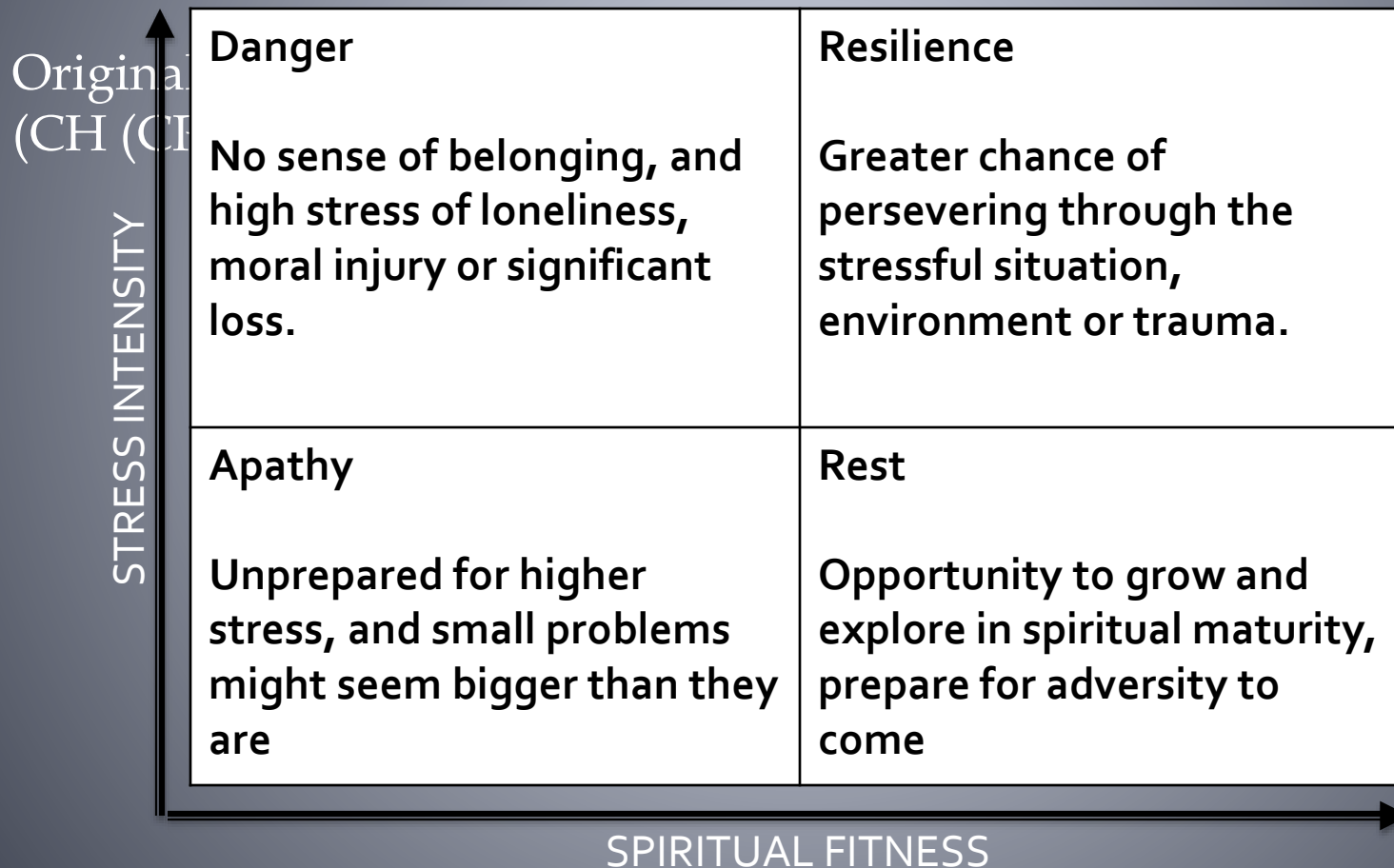
In the Army, I know my role and find meaning in it.

Spiritual fitness can be measured objectively.



Spiritual Fitness Matrix

Originally Created by 7th POG UMT, USAR, 8 DEC 2018 – Austin, TX (CH (CPT) Scott M. Pitts, CH (CPT) Caleb Miller, 1LT Callan Sweeney



Part 2

Tools & Resources





Review



STRESS INTENSITY



SPIRITUAL FITNESS



Self Reflection Activity

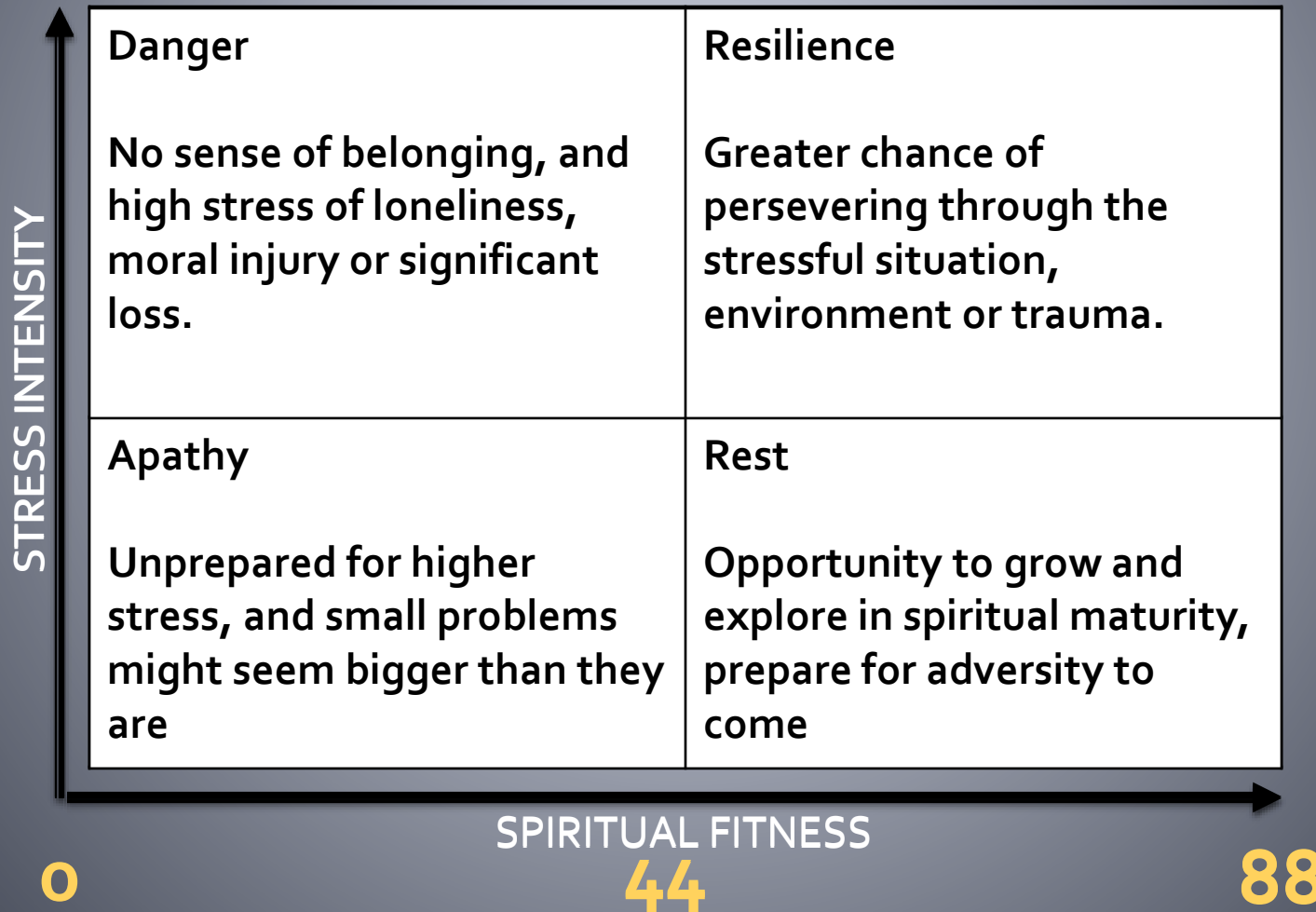
Spiritual Fitness Assessment





Where Are You?

Spiritual Fitness Matrix



On Meaning

Discussion





Rituals and Practices



Abrahamic	Eastern	Non-theistic
Sacramental Theology	Breathing Exercises	Art, Music
Dedication to God	Limited view of Self	Something Greater than oneself (patriotism, etc.)
Confession and Absolution	Positive Mental Imagery	Service to Community
Healing of the Sick	Systematic Relaxation	Philosophical Reading
Spiritual Cleansing	Meditation	Study
Pilgrimages	Pilgrimages	Pilgrimages/Travel
Prayer	Prayer	Journaling
Fasting		
Charity and Service		

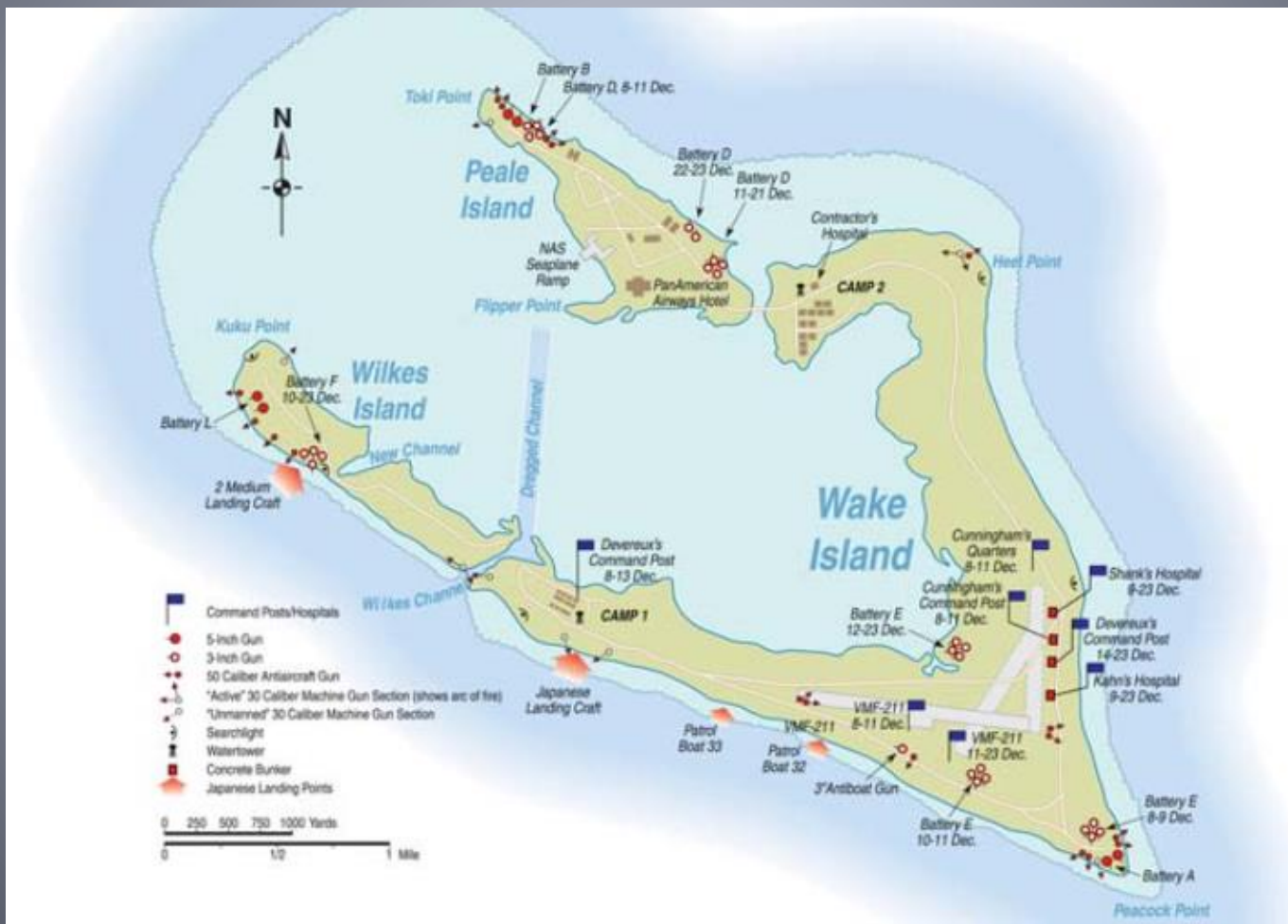


It's the Little Things....





Story from Wake Island



Part 3

Moral Leadership



Moral Leadership

Discussion

“Deep within his conscience man discovers a law which he has not laid upon himself but which he must obey. Its voice, ever calling him to love and to do what is good and to avoid evil, sounds in his heart at the right moment. . . . For man has in his heart a law inscribed by God. . . . His conscience is man's most secret core and his sanctuary. There he is alone with God whose voice echoes in his depths.”

- Gaudium et spes, Pope John Paul II

“None of us, especially no leader should allow himself to disobey the inner voice in the face of pressure from outside. Any leader who succumbs in this way forfeits his right of leadership.”

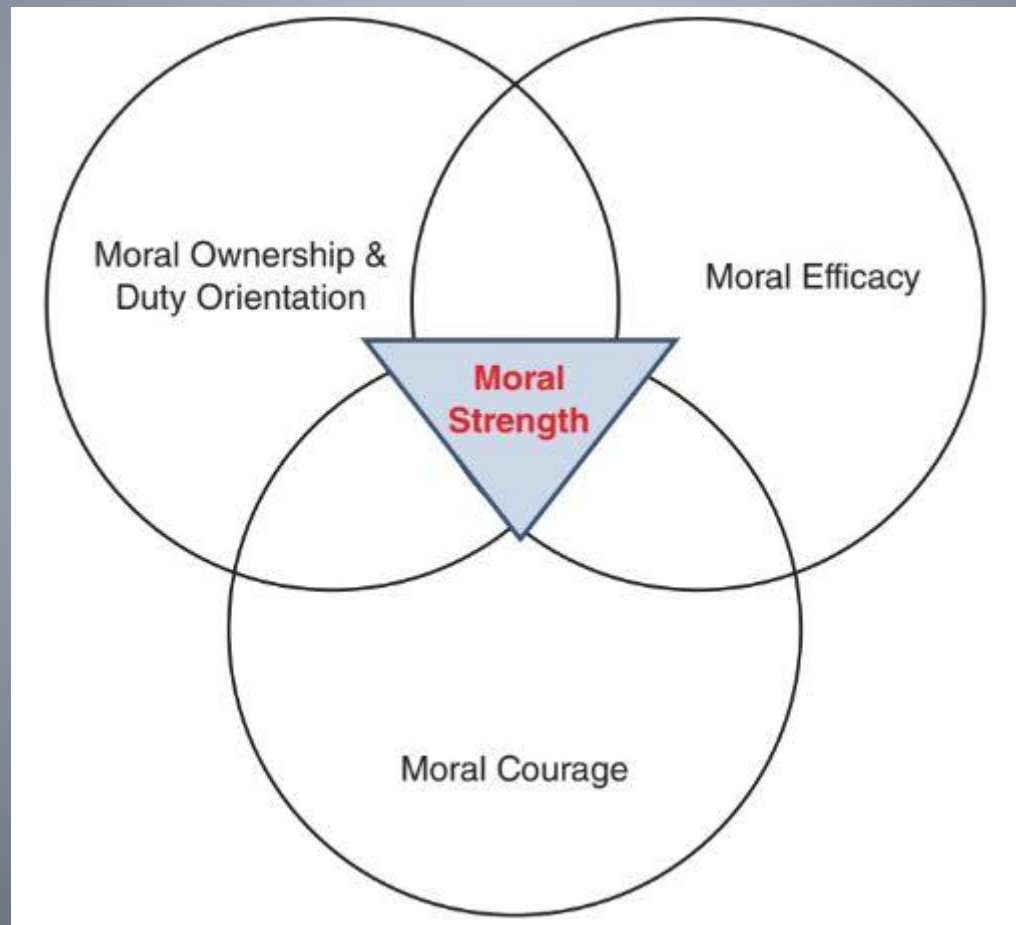
- Collected Works of Mahatma Gandhi

“Moral experience – the actual possession and exercise of good character – is necessary truly to understand moral principles and profitably to apply them.”

- Ethics, Aristotle



Components of Moral Strength





Ownership



- Individuals with high moral ownership are more likely to think “I (versus someone) should do something about this” after determining that something is unethical.
- Example: a person or something is violating the Army Values



Efficacy



- Belief in one's capabilities to act to achieve a moral outcome.
- Confidence that acting on moral convictions will have a positive outcome.



Courage



- To act ethically in the face of risk or adversity.
- The development of moral courage occurs through the cues that the leader signals to followers to think and act morally and the norms they set for courageous actions. At the U.S. Military Academy (West Point), for example, the Cadet Honor Code not only requires that cadets “will not lie, cheat or steal,” but also “nor tolerate those that do.” Cadets are disciplined or released from the academy if they fail to display moral courage and do not “self-police” their ranks and confront others’ ethical transgressions.”



Love



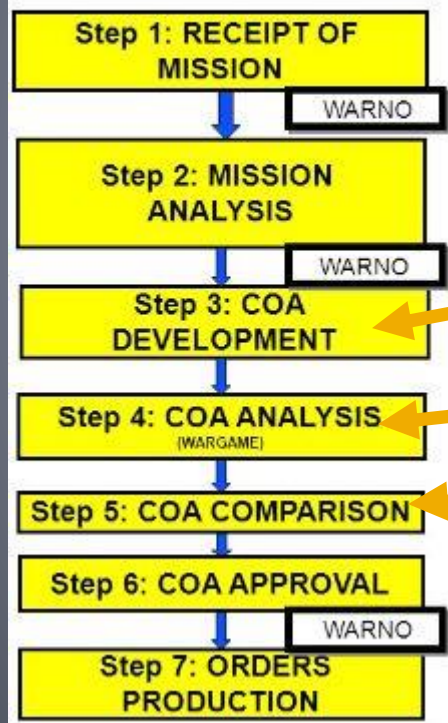
- “When you talk to active American military officers and Non-Commissioned Officers (NCOs) about love - they squirm. They are embarrassed. On the one hand, their organizational culture highly values rationality, which has been packaged to them as emotion free- and love is clearly emotional. On the other hand, they instantly start worrying about sex, which in modern forces is *always* prohibited within a unit, whether heterosexual or homosexual. In present-day America, the ideas of love and sex have gotten mashed together. The two notions of rationality-*contra*-emotion and sex-is-love give a one-two punch to clear thinking and discussion of mutual love among military professionals. *Of all groups in America today, military people have the greatest right to, and will benefit most, if they reclaim the word ‘love’ as a part of what they are and what they do.*”
- - Odysseus in America, Dr. Jonathan Shay, M.D., P.H.D.



Moral Leadership and MDMP



MDMP Steps



Three Scenarios:

1. Garrison
2. Personal
3. PSYOP/Theater

Moral Leadership Considerations

Moral Ownership
Moral Efficacy
Moral Courage
Love



Thank you! – 7th POG UMT



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