

SYSTEM
FOUR
THREE
EIGHT **4.3.8**

YOUR HIGH
PERFORMANCE CHECKLIST

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THE TRAUMA CODE | THE TRAUMA COURSE | THE TRAUMA GUIDE

TRAUMA AND SOME BASIC RULES:

- “The brain leads the body, the brain heals the body” Dr. Herbert Benson, Harvard University
- “Injury is to the body as **trauma** is to the psyche” www.AnatomyofTrauma.com
- You are not alone. All humans will suffer from **trauma** in their lifetime.
- **Trauma** can cause a disruption between conscious and subconscious thought.
- This disruption may cause you to behave in unfamiliar ways, and not know why.
- Unmanaged **emotional trauma** can hurt your performance, emotionally and physically.
- **Trauma** is manageable when you use a systematic approach.

BAD NEWS ABOUT EMOTIONAL TRAUMA

- Your subconscious brain controls over 95% of human functioning.
- Your Subconscious brain is irrational and can do irreparable damage.

GOOD NEWS ABOUT EMOTIONAL TRAUMA

- Your subconscious brain is like your 800-pound gorilla.
- There is a simple, memorable way to manage your subconscious brain.
- You can reduce the pain and cost of trauma to your family.
- Emotional Awareness comes from knowing the 4 Types of Trauma.
- Emotional Stability comes from understanding the 3 priorities of your subconscious.
- Continuous Emotional Health comes from practicing the 8 behaviours.

SYSTEM FOUR THREE EIGHT 4.3.8

Taking a systematic approach
to emotional health.

4 TYPES OF TRAUMA

- Catastrophic Physical Trauma
- Catastrophic Emotional Trauma
- Cumulative Physical Trauma
- Cumulative Emotional Trauma
 - **Cumulative Emotional Trauma** is our invisible trauma.
 - **Managing Trauma** starts with the 3 priorities.

3 PRIORITIES OF THE SUBCONSCIOUS BRAIN

- Meet Basic Needs
- Clarity of Thought
- Help Other People

8 BEHAVIOURS FEEDING THE 3 PRIORITIES

AWARENESS

- I understand that Awareness is always the first step toward change.
- Feedback is a lubricant for Awareness.
- Action:** Give a family member/friend permission to observe your behaviour in social settings & provide feedback.

PURPOSE

- I know the change I wish to see in the world.
- I have already taken physical action towards this change.
- Action:** Do something every day to contribute to the change.

MOTIVATION

- I stay motivated by better understanding Autonomy, Competence & Relatedness.
- I will increase my risk tolerance by learning more about motivation.
- Action:** Give yourself a small reward after practicing.

FOCUS

- I practice meditation and yoga and mindfulness.
- When I learn to Focus I reduce my risk and the risk for others around me.
- Action:** Learn how and why to be prepared for obstacles and distractions.

BELIEF IN SELF

- I tell others they can do it because this support builds belief in others.
- I understand there is a fine line between confidence and arrogance.
- Action:** Tell people regularly that they can do it and that you believe in them.

TRUST

- Getting burned does not mean I should stop trusting everyone.
- When I trust other people I can rapidly internalize their belief in me.
- Action:** Trust people more and risk being burned. You will improve faster.

ASKING FOR HELP

- I understand that "Asking for Help" is a sign of strength, not weakness.
- I was designed to perform better by working together with others. I search for that way.
- Action:** Ask others for help when you are stuck or need a hand. Chances are they want to help.

EMOTIONAL CONTROL

- I understand how Emotional Control protects me from hurting other people.
- When I hurt others, I hurt my own performance.
- Action:** Stop outside and take a deep breath before meeting with other people. Ask yourself 2 questions:
 1. How am I feeling right now?
 2. How do I feel about the other people I am about to meet?

More simple actions and some online resources can be found at System438.com