

Sempai Carlo Sayegh
AKMA Beach Retreat 2013
September 28, 2013

RRT (Rapid Response Technique)

Arousal Control: *(The person utilizing RRT)* doesn't negate fear, anxiety, anger, nervousness, worry and all the other negative reactions. He simply places them in check and uses some of the positive affects they provide such as adrenalin and hyper-focus to accomplish what he needs to do.

Self Talk: "I got this."

Assess Situation relative to all threats to, self, companion, civilians: Multiple attackers number unknown, assault rifles and explosives (possibly grenades) getting closer.

Consider appropriate courses of action and/or response: There are too many to take on and they're attacking from multiple positions.

Take action: Organize everyone in immediate vicinity and get them to safety.

Repeat previous actions until mission accomplished: Go back in and do it again.

Summary:

- 1. Breathe**
- 2. Self Talk**
- 3. Assess**
- 4. Commit**

How to Achieve Mental Toughness

Goal setting: Setup up quick short-term goals and accept the “win” once it’s accomplished.

Ran a mile today. Finished my math homework. Cleaned the garage. Completed round one of Chemo.

Mental Imagery: Utilize mental imagery to see yourself successfully completing a task or challenge and engage your senses in what that feels like. Elite Athletes are seen doing this all the time. They are focused internally and they are going through every step of the challenge they are about to go through. They even envision themselves doing a victory jig.

Self Talk: “I got this!” From *Special Ops* operators to elite athletes, to a person about to give a speech, to a person about to go in for a job interview. This phrase can stir up a tremendous amount of confidence. Find a phrase, word or an image that resonates with you positively and use it.

Arousal Control: Ever been in an argument, shouting match, heated discussion where you get choked up and can’t really speak, your heart beats fast, you start to sweat and all you do is stutter or utter pure gibberish? That’s because a situation has aroused you in all the wrong ways and your body loses control.

In situations to get yourself under control you need to breathe. So while the other person is yapping away, take in a deep breath through your nose. Hold it for about four seconds. Then exhale slowly through your nose. Do this for about a minute. You will quickly notice a calmness take over, yet you stay focused and in control.

These techniques need to be practiced everyday for about 10 to 15 minutes. After a few weeks you will see a significant difference in how you handle stressful situations. As with anything else, the more you practice the more it becomes a part of you and an automatic response rather one that you will have to engage.

Mental Toughness – A Definition:

“The ability to constantly perform in the upper ranges of your Skill Set while constantly achieving exceptional results in any condition or situation where pressure, stress, and a high level of risk is involved.”