

## Missed Opportunity ...

If you try to discuss “Stress” with almost any adult and even young adults, it is not a subject they like to discuss very much. So, even when they encounter TheTRUSTCard™ and find it effective, even very effective, it nevertheless happens that they will use The Card under Usage #2 under “When To Use”: (Any Other Moment You Realize You Are Under Stress), but sometimes not so consistently the other #'s 1, 3,4,5. The basic idea behind this we have found, and who can blame them, people young and old want to get or stay away from anything to do with Stress to the greatest degree possible, even including shortcutting the use of TheTRUSTCard™ itself, AFTER they have found out that it works.

1

## Stressors ...

Stress is produced by what neuroscientists refers to as "Stressors"; (Stressor: a person or group or activity, event, or other stimulus that causes Stress [Stress: the perception, justified by the facts or not, that one has insufficient Resources to satisfy the Demands one is facing]).

When the above happens in a person's immediate environment in any present moment the right name for it is "Stress". When the Resource vs. Demands imbalance is perceived as a remembered/relived replay of one or more past moments of Stress, the right name for it is "PTSD".

This 7-day Introduction is an aid to new users and longtime users alike to discover and incorporate into their daily schedule the COMPLETE use and range of benefits that TheTRUSTCardSOLUTION™ provides.

Concise versions of The Stress and Trust definitions are found just beneath the “When To Use” section of The Card.

By the end of just one calendar week, it has been shown that a person who voluntarily completes this Introduction remembers to use The Card IN FULL everyday with an even bigger benefit ... as covered in the paragraph immediately below.

2

**When To Use The TRUSTCard™ ...**

- 1... **3x** Every Day: At Times You Are **Not** Under Stress.
- 2... Any Other Moment You Realize You **Are** Under Stress.
- 3... When Possible **Before** Deciding **Anything** Important!
- 4... **1<sup>st</sup> Thing** After Waking; **Last Thing** Before Bedtime.
- 5... **At** Moments of **Recurring** Fear, Worry, Upset or Dread!

**Each Time Until You Smile™**

**ANYTHING COULD MAKE A DIFFERENCE!**  
Try 1-5 The Next 7 Days!



Stressors come in two forms: “escapable” and “inescapable”. There are an infinite number of examples of both kinds but here are two examples: the coach of the swimming team you decided to go out for in high school may be oppressive and annoying and invalidative of your best efforts and so you can simply quit the team or with the help of loving parents, transfer to a different school, if for example you need a swimming scholarship to make it to college, making that coach an “**escapable** Stressor”; but if one or both of your parents fits that same description (oppressive and annoying and invalidative of your best efforts in swimming and other things) the Stress and its eventual PTSD in your life become **inescapable** for you.

Brain science has isolated that in the presence of inescapable Stressors people go into a state of what has come to be called “learned helplessness”. Having been exposed to an inescapable Stressor earlier in life, or a career or in relationships, or on any subject, puts one in the position that later, when similar Stressors (similar to those which were inescapable earlier), come along but where circumstances now permit one to escape, one nevertheless does not because one cannot. The individual due to that early inescapable Stressor in whatever situation on whatever subject at whatever time in life, became thereafter helpless to take the available means to “get out” which exist later – they “don’t even see” a way to escape, no matter how obvious such escape opportunities may be.

But TheTRUSTCard™ used fully (All 5 Uses) as indicated above, actually allows one to change this “inescapable Stressor” and “learned helplessness” profile in virtually any area of one’s life according to reports received.

Not only do the reports say that The TRUSTCard™ used fully (All 5 Uses) releases an individual from the grip of past Inescapable Stressors but it tends to prevent any Inescapable Stressor/PTSD situation from forming in the future.

In addition to all of the above benefits, which are of course, considerable, learning to and continuing to make full use of TheTRUSTCardSOLUTION™ changes Expectations about how a user's life may go.

Stress and its even more dangerous “cousin”, PTSD (by definition, itself “inescapable”), reduce an individual’s Expectation of things going successfully around them, now and in the future. To stop losing to the Inescapable Stressors that devastate them, people go so far as to

Therefore, another reported very, very, very large benefit that results from thorough-complete TRUSTCard™ use (all 5 uses), quite in addition to all of the other benefits mentioned above, is that users report it changes their Expectations UPWARD about just how much success, however they may define it, they can dare to imagine possible in any number of areas of their lives.

**S.** e, it is not illogical to consider professors and their accompanying. ne would enjoy a different set achieve in life, career, and relat



# Not A Waste of Time

The power of these simple, single page posts is not to be underestimated. Let alone on this website. They can help you prove them right or wrong to your

to all that is described in this a  
these benefits. You are invited  
ever, **completely unnecessary**  
even partial, use of TheTRUST  
standing this fact, because of A

Notwithstanding this fact, because of ALL the benefits we know about, up to this point re TheTRUSTCardSOLUTION™, including those outlined above, this 7-day Introduction has proven **not to be a waste of time.**

**The  
Opposite  
Of  
Is Stress  
Trust!™**

# Calming Influence The TRUSTCard™

# The Difference Between "Stress" and "PTSD" ...



## A Stress Inquiry Checklist

Adapted from ...

Weathers, F.W., Huska, J.A., Keane, T.M. *PCL-C for DSM-IV*.

Boston: National Center for PTSD – Behavioral Science Division, 1991.

*This is a Government document in the public domain.*

Name: \_\_\_\_\_

Instruction to a Person Curious About a Possible Current Stress Condition: Below is a list of problems and complaints that veterans and others have in response to a current stressful life experience(s). Please read each one carefully, put an "X" in the box to indicate how much you are bothered by that problem right now.

| No. | Response:                                                                                                                                                                                                      | Not at all (1) | A little bit (2) | Moderately (3) | Quite a bit (4) | Extremely (5) |
|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|------------------|----------------|-----------------|---------------|
| 1.  | Disturbing <u>thoughts</u> , or <u>images</u> of a stressful experience that just happened or is happening?                                                                                                    |                |                  |                |                 |               |
| 2.  | Disturbing <u>dreams</u> of a stressful experience that just happened or is happening?                                                                                                                         |                |                  |                |                 |               |
| 3.  | Suddenly <u>acting</u> or <u>feeling</u> as if a stressful experience <u>won't end or be over</u> ?                                                                                                            |                |                  |                |                 |               |
| 4.  | Feeling very upset when <u>something else in your environment right now reminds you</u> of a current stressful experience?                                                                                     |                |                  |                |                 |               |
| 5.  | Having <u>physical reactions</u> (e.g., heart pounding, trouble breathing, or sweating) about a stressful experience which just happened or is happening right now?                                            |                |                  |                |                 |               |
| 6.  | Do you want to or are you trying to <u>avoid thinking about or talking about</u> a stressful experience happening right now or do you want to or are you trying to <u>avoid having feelings</u> related to it? |                |                  |                |                 |               |
| 7.  | Have you decided to <u>avoid activities or situations</u> right now because they are <u>connected to a current</u> stressful experience?                                                                       |                |                  |                |                 |               |



**Adapted from ...**

Weathers, F.W., Huska, J.A., Keane, T.M. *PCL-C for DSM-IV*.  
Boston: National Center for PTSD – Behavioral Science Division, 1991.  
*This is a Government document in the public domain.*

|     |                                                                                                                       |  |  |  |  |  |
|-----|-----------------------------------------------------------------------------------------------------------------------|--|--|--|--|--|
| 8.  | Trouble <i>thinking about important parts</i> of a stressful experience that just happened or is happening right now? |  |  |  |  |  |
| 9.  | Sudden loss of <i>interest right now</i> , in things that you ordinarily enjoy?                                       |  |  |  |  |  |
| 10. | Feeling <i>distant</i> or <i>cut off</i> from other people right now?                                                 |  |  |  |  |  |
| 11. | Feeling <i>emotionally numb</i> or being unable to have loving feelings for those close to you right now?             |  |  |  |  |  |
| 12. | Feeling as if your <i>future</i> will somehow be <i>cut short</i> ?                                                   |  |  |  |  |  |
| 13. | Trouble <i>falling or staying asleep</i> right now?                                                                   |  |  |  |  |  |
| 14. | Feeling <i>irritable</i> or having <i>angry outbursts</i> right now?                                                  |  |  |  |  |  |
| 15. | Having <i>difficulty concentrating</i> right now?                                                                     |  |  |  |  |  |
| 16. | Being “ <i>super alert</i> ” or watchful on guard right now?                                                          |  |  |  |  |  |
| 17. | Feeling <i>jumpy</i> or easily <i>startled</i> right now?                                                             |  |  |  |  |  |



# The Difference Between "Stress" and "PTSD" ...



## A PTSD Inquiry Checklist

Adapted from ...

Weathers, F.W., Huska, J.A., Keane, T.M. *PCL-C for DSM-IV*.

Boston: National Center for PTSD – Behavioral Science Division, 1991.

*This is a Government document in the public domain.*

Name: \_\_\_\_\_

Instruction to a Person Inquiring **About a Possible PTSD Condition**: Below is a list of problems and complaints that veterans and others sometimes have in response to repeated stressful life experiences. Please read each one carefully, put an "X" in the box to indicate how much you have been bothered by that problem in the last month or longer.

| No. | Response:                                                                                                                                             | Not at all (1) | A little bit (2) | Moderately (3) | Quite a bit (4) | Extremely (5) |
|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|------------------|----------------|-----------------|---------------|
| 1.  | Repeated, disturbing memories, thoughts, or images of a stressful experience from the past?                                                           |                |                  |                |                 |               |
| 2.  | Repeated, disturbing dreams of a stressful experience from the past?                                                                                  |                |                  |                |                 |               |
| 3.  | Suddenly acting or feeling as if a stressful experience were happening again (as if you were reliving it)?                                            |                |                  |                |                 |               |
| 4.  | Feeling very upset when something reminded you of a stressful experience from the past?                                                               |                |                  |                |                 |               |
| 5.  | Having physical reactions (e.g., heart pounding, trouble breathing, or sweating) when something reminded you of a stressful experience from the past? |                |                  |                |                 |               |
| 6.  | Avoid thinking about or talking about a stressful experience from the past or avoid having feelings related to it?                                    |                |                  |                |                 |               |
| 7.  | Avoid activities or situations because they remind you of a stressful experience from the past?                                                       |                |                  |                |                 |               |
| 8.  | Trouble remembering important parts of a stressful experience from the past?                                                                          |                |                  |                |                 |               |
| 9.  | Loss of interest in things that you used to enjoy?                                                                                                    |                |                  |                |                 |               |



**Adapted from ...**  
 Weathers, F.W., Huska, J.A., Keane,  
 T.M. *PCL-C for DSM-IV*.  
 Boston: National Center for PTSD –  
 Behavioral Science Division, 1991.  
*This is a Government document  
 in the public domain.*

|     |                                                                                                 |  |  |  |  |  |
|-----|-------------------------------------------------------------------------------------------------|--|--|--|--|--|
| 10. | Feeling <i>distant</i> or <i>cut off</i> from other people?                                     |  |  |  |  |  |
| 11. | Feeling <i>emotionally numb</i> or being unable to have loving feelings for those close to you? |  |  |  |  |  |
| 12. | Feeling as if your <i>future</i> will somehow be <i>cut short</i> ?                             |  |  |  |  |  |
| 13. | <i>Trouble</i> falling or staying asleep?                                                       |  |  |  |  |  |
| 14. | Feeling <i>irritable</i> or having <i>angry outbursts</i> ?                                     |  |  |  |  |  |
| 15. | Having <i>difficulty</i> concentrating?                                                         |  |  |  |  |  |
| 16. | Being “ <i>super alert</i> ” or watchful on guard?                                              |  |  |  |  |  |
| 17. | Feeling <i>jumpy</i> or easily startled?                                                        |  |  |  |  |  |

