

1

00:00:00,000 --> 00:00:04,220

I'm extremely excited to announce a brand new sponsor for the Behind the Shield podcast

2

00:00:04,220 --> 00:00:06,540

that is Transcend.

3

00:00:06,540 --> 00:00:10,560

Now for many of you listening, you are probably working the same brutal shifts that I did

4

00:00:10,560 --> 00:00:12,520

for 14 years.

5

00:00:12,520 --> 00:00:18,840

Suffering from sleep deprivation, body composition challenges, mental health challenges, libido,

6

00:00:18,840 --> 00:00:20,540

hair loss, etc.

7

00:00:20,540 --> 00:00:23,800

Now when it comes to the world of hormone replacement and peptide therapy, what I have

8

00:00:23,800 --> 00:00:28,220

seen is a shift from doctors telling us that we were within normal limits, which was definitely

9

00:00:28,220 --> 00:00:32,920

incorrect all the way to the other way now where men's clinics are popping up left,

10

00:00:32,920 --> 00:00:34,560

right and center.

11

00:00:34,560 --> 00:00:40,120

So I myself wanted to find a reputable company that would do an analysis of my physiology

12

00:00:40,120 --> 00:00:45,320

and then offer supplementations without ramming, for example, hormone replacement therapy down

13

00:00:45,320 --> 00:00:46,460

my throat.

14

00:00:46,460 --> 00:00:50,780

Now I came across Transcend because they have an altruistic arm and they were a big reason

15

00:00:50,780 --> 00:00:56,800

why the 7X project I was a part of was able to proceed because of their generous donations.

16

00:00:56,800 --> 00:01:00,820

They also have the Transcend foundations where they are actually putting military and first

17

00:01:00,820 --> 00:01:05,440

responders through some of their therapies at no cost to the individual.

18

00:01:05,440 --> 00:01:11,000

So my own personal journey so far filled in the online form, went to Quest, got blood

19

00:01:11,000 --> 00:01:14,720

drawn and a few days later I'm talking to one of their wellness professionals as they

20

00:01:14,720 --> 00:01:19,140

guide me through my results and the supplementation that they suggest.

21

00:01:19,140 --> 00:01:23,640

In my case specifically, because I transitioned out the fire service five years ago and been

22

00:01:23,640 --> 00:01:28,800

very diligent with my health, my testosterone was actually in a good place.

23

00:01:28,800 --> 00:01:33,320

So I went down the peptide route and some other supplements to try and maximize my physiology

24

00:01:33,320 --> 00:01:37,760

knowing full well the damage that 14 years of shift work has done.

25

00:01:37,760 --> 00:01:41,680

Now I also want to underline because I think this is very important that each of the therapies

26

00:01:41,680 --> 00:01:45,080

they offer, they will talk about the pros and cons.

27

00:01:45,080 --> 00:01:49,520

So for example, a lot of first responders in shift work, our testosterone will be low,

28

00:01:49,520 --> 00:01:54,360

but sometimes nutrition, exercise and sleep can offset that on its own.

29

00:01:54,360 --> 00:01:58,680

So this company is not going to try and push you down a path, especially if it's one that

30

00:01:58,680 --> 00:02:00,360

you can't come back from.

31

00:02:00,360 --> 00:02:07,760

So whether it's libido, brain fog, inflammation, gut health, performance, sleep, this is definitely

32

00:02:07,760 --> 00:02:10,880

one of the most powerful tools in the toolbox.

33

00:02:10,880 --> 00:02:17,800

So to learn more, go to transcendcompany.com or listen to episode 808 of the Behind the

34

00:02:17,800 --> 00:02:22,440

Shield podcast with founder Ernie Colling.

35

00:02:22,440 --> 00:02:28,240

This episode is sponsored by a company I've used for well over a decade and that is 511.

36

00:02:28,240 --> 00:02:33,660

I wore their uniforms back in Anaheim, California and have used their products ever since.

37

00:02:33,660 --> 00:02:40,240

From their incredibly strong yet light footwear to their cut uniforms for both male and female

38

00:02:40,240 --> 00:02:45,080

responders, I found them hands down the best workwear in all the departments that I've

39

00:02:45,080 --> 00:02:46,080

worked for.

40

00:02:46,080 --> 00:02:50,640

Outside of the fire service, I use their luggage for everything and I travel a lot and they

41

00:02:50,640 --> 00:02:56,880

are also now sponsoring the 7X team as we embark around the world on the Human Performance

42

00:02:56,880 --> 00:02:57,880

project.

43

00:02:57,880 --> 00:03:02,000

We have Murph coming up in May and again I bought their plate carrier.

44

00:03:02,000 --> 00:03:06,960

I ended up buying real ballistic plates rather than the fake weight plates and that has been

45

00:03:06,960 --> 00:03:10,840

my ride or die through Murph the last few years as well.

46

00:03:10,840 --> 00:03:14,760

One area I want to talk about that I haven't in previous sponsorship spots is their brick

47

00:03:14,760 --> 00:03:16,600

and mortar element.

48

00:03:16,600 --> 00:03:21,320

They were predominantly an online company up till more recently but now they are approaching

49

00:03:21,320 --> 00:03:24,040

100 stores all over the US.

50

00:03:24,040 --> 00:03:29,120

My local store is here in Gainesville Florida and I've been multiple times and the discounts

51

00:03:29,120 --> 00:03:32,360

you see online are applied also in the stores.

52

00:03:32,360 --> 00:03:38,980

So as I mentioned 511 is offering you 15% off every purchase that you make but I do

53

00:03:38,980 --> 00:03:44,080

want to say more often than not they have an even deeper discount especially around

54

00:03:44,080 --> 00:03:45,680

holiday times.

55

00:03:45,680 --> 00:03:55,640

But if you use the code SHIELD15 you will get 15% off your order or in the stores every

56

00:03:55,640 --> 00:03:57,480

time you make a purchase.

57

00:03:57,480 --> 00:04:02,800

And if you want to hear more about 511, who they stand for and who works with them, listen

58

00:04:02,800 --> 00:04:10,880

to episode 580 of Behind the Shield podcast with 511 regional director Will Ayers.

59

00:04:10,880 --> 00:04:12,480

Welcome to the Behind the Shield podcast.

60

00:04:12,480 --> 00:04:16,200

As always my name is James Gearing and this week it is my absolute honor to welcome on

61

00:04:16,200 --> 00:04:21,560

the show US Army veteran and athlete Jeff Spira.

62

00:04:21,560 --> 00:04:27,360

Now in this conversation we discuss a host of topics from Jeff's journey into the military,

63

00:04:27,360 --> 00:04:36,520

providing security for EOD, losing friends in war, his jarring transition, incarceration,

64

00:04:36,520 --> 00:04:43,120

overcoming addiction, obstacle racing, hormone therapy and so much more.

65

00:04:43,120 --> 00:04:48,420

Now before we get to this incredible conversation as I say every week please just take a moment.

66

00:04:48,420 --> 00:04:53,560

Go to whichever app you listen to this on, subscribe to the show, leave feedback and

67

00:04:53,560 --> 00:04:55,580

leave a rating.

68

00:04:55,580 --> 00:05:00,800

Every single five star rating truly does elevate this podcast therefore making it easier for

69

00:05:00,800 --> 00:05:02,360

others to find.

70

00:05:02,360 --> 00:05:07,360

And this is a free library of over 900 episodes now.

71

00:05:07,360 --> 00:05:13,000

So all I ask in return is that you help share these incredible men and women stories so

72

00:05:13,000 --> 00:05:18,600

I can get them to every single person on planet earth who needs to hear them.

73

00:05:18,600 --> 00:05:23,760

So with that being said, I introduce to you Jeff Spira.

74

00:05:23,760 --> 00:05:43,560

Enjoy.

75

00:05:43,560 --> 00:05:47,920

Well Jeff I want to say thank you so much for taking the time and coming on the Behind

76

00:05:47,920 --> 00:05:50,840

the Shield podcast today.

77

00:05:50,840 --> 00:05:53,280

I'm extremely grateful to be here.

78

00:05:53,280 --> 00:05:55,880

Thank you for inviting me on, sharing your platform with me.

79

00:05:55,880 --> 00:06:02,640

I really appreciate that investment into me and I look forward to the value that we can

80

00:06:02,640 --> 00:06:03,800

bring to people.

81

00:06:03,800 --> 00:06:04,800

Absolutely.

82

00:06:04,800 --> 00:06:09,280

Well very first question, where on planet earth are we finding you today?

83

00:06:09,280 --> 00:06:12,460

I am in Destin, Florida.

84

00:06:12,460 --> 00:06:14,240

So we are in the same state.

85

00:06:14,240 --> 00:06:15,720

Yep, yep, yep.

86

00:06:15,720 --> 00:06:20,520

You're East Coast so like we have a little bit of a time difference as far as like Eastern

87

00:06:20,520 --> 00:06:21,520

time.

88

00:06:21,520 --> 00:06:25,480

Man, you would be surprised how many people they're like the second that you say Florida

89

00:06:25,480 --> 00:06:29,880

they think it's automatically like Eastern Standard Time or whatever.

90

00:06:29,880 --> 00:06:33,760

And I'm like, I know that doesn't change until you get to about Tallahassee.

91

00:06:33,760 --> 00:06:39,240

So I'm still central over here but I'm originally from Louisiana.

92

00:06:39,240 --> 00:06:44,440

So I got into a little bit of trouble in Louisiana and then I needed to change things like people,

93

00:06:44,440 --> 00:06:45,880

places and things.

94

00:06:45,880 --> 00:06:52,480

And then came here and completely turned my life around but it all started my story, my

95

00:06:52,480 --> 00:06:56,640

journey originally started in Louisiana.

96

00:06:56,640 --> 00:06:57,640

Well let's start there.

97

00:06:57,640 --> 00:07:01,000

That's what I like to do is start someone's you know, the very beginning the origin story.

98

00:07:01,000 --> 00:07:05,200

So tell me where in Louisiana you were born and tell me a little bit about your family

99

00:07:05,200 --> 00:07:08,800

dynamic, what your parents did, how many siblings.

100

00:07:08,800 --> 00:07:09,800

Roger that.

101

00:07:09,800 --> 00:07:17,120

So I'm originally from Opelousas, Louisiana and I'm not going to I don't want to say that

102

00:07:17,120 --> 00:07:24,160

I had a rough upbringing or anything like that but there was a lot of violence and I

103

00:07:24,160 --> 00:07:28,600

was around a lot of violence as far as like domestic and stuff like that.

104

00:07:28,600 --> 00:07:32,720

Some of my youngest memories I didn't I didn't have the greatest role model as a father growing

105

00:07:32,720 --> 00:07:33,720

up.

106

00:07:33,720 --> 00:07:42,600

My youngest memories were seeing remembering seeing my dad beat my mom pretty bad.

107

00:07:42,600 --> 00:07:51,080

And that kind of really shattered and fractured my foundation and security and with like feeling

108

00:07:51,080 --> 00:07:56,600

love because when they started to go through like their divorce and things like that, I

109

00:07:56,600 --> 00:07:58,840

became this like tool, right?

110

00:07:58,840 --> 00:08:08,600

Like to hurt the other person and it was like later I was like, man, you start to like kind

111

00:08:08,600 --> 00:08:13,000

of and not that my mom doesn't love me or anything like that but like you start to kind

112

00:08:13,000 --> 00:08:18,400

of see where like manipulation is and stuff like that or whatever and it's like it just

113

00:08:18,400 --> 00:08:24,720

kind of really changes your perspective of like of love or being loved or being valued

114

00:08:24,720 --> 00:08:27,080

and things like that.

115

00:08:27,080 --> 00:08:29,280

My mom did the best she could with what she had.

116

00:08:29,280 --> 00:08:35,080

I just had a really, you know, rough bout with my dad and stuff like that.

117

00:08:35,080 --> 00:08:41,880

But even after even after that, she was in another relationship that didn't last very

118

00:08:41,880 --> 00:08:48,380

long and he became extremely abusive.

119

00:08:48,380 --> 00:08:54,320

And we ended up moving a lot and he started to track us from like location to location.

120

00:08:54,320 --> 00:08:59,640

I remember in being in some of the locations and one of the places I was sitting in the

121

00:08:59,640 --> 00:09:07,800

living room and I see a fist come through a door like the glass pane on the door and

122

00:09:07,800 --> 00:09:13,560

like reaching inside for to like undo the lock.

123

00:09:13,560 --> 00:09:17,660

And then we ended up, you know, from situations like that, we ended up moving again.

124

00:09:17,660 --> 00:09:25,580

And then there was a situation where he came in the house one night and it got pretty violent.

125

00:09:25,580 --> 00:09:27,620

My mom got cut.

126

00:09:27,620 --> 00:09:31,480

Her hand was like cut open.

127

00:09:31,480 --> 00:09:38,480

And then, you know, I get carried out of the house a little while later and, you know,

128

00:09:38,480 --> 00:09:41,520

my mom got taken away in the ambulance and stuff like that or whatever.

129

00:09:41,520 --> 00:09:46,840

And I'm seeing, I see my mom's blood on the walls and stuff like that or whatever.

130

00:09:46,840 --> 00:09:51,840

And your security gets extremely fractured at that point.

131

00:09:51,840 --> 00:10:00,120

You know, like your protector is, you know, being, you know, like I don't want to say

132

00:10:00,120 --> 00:10:08,000

aimed at, but like is being targeted and it's hard to protect, you know, everyone in situations

133

00:10:08,000 --> 00:10:09,000

like that or whatever.

134

00:10:09,000 --> 00:10:17,800

So later on, a little bit later, I really started to struggle with with my like self

135

00:10:17,800 --> 00:10:19,160

confidence and things like that.

136

00:10:19,160 --> 00:10:24,520

And I developed like these like nervous habits where like I was making these noises almost

137

00:10:24,520 --> 00:10:29,200

kind of like I had Tourette's and I would I would started to get picked on and things

138

00:10:29,200 --> 00:10:31,480

like that got bullied a little bit.

139

00:10:31,480 --> 00:10:36,000

I was at a school bounce around schools a lot.

140

00:10:36,000 --> 00:10:41,600

I was at a school and I was made sit on the floor of a bus.

141

00:10:41,600 --> 00:10:47,040

And you know, like one night I went home and I like cried myself to sleep.

142

00:10:47,040 --> 00:10:50,240

The next day I was like, dude, this ends here.

143

00:10:50,240 --> 00:10:54,240

This this is like this is where this stops.

144

00:10:54,240 --> 00:10:55,840

Next day, go go to school.

145

00:10:55,840 --> 00:11:00,280

I'm one of the first people on the bus that evening.

146

00:11:00,280 --> 00:11:03,920

And I remember sitting down and he gets on the bus.

147

00:11:03,920 --> 00:11:06,760

He's like, you know, pick your, you know, catch your spot on the floor.

148

00:11:06,760 --> 00:11:08,080

This is like third or fourth grade.

149

00:11:08,080 --> 00:11:17,080

I can't remember exactly the grade, but it was around third or fourth grade.

150

00:11:17,080 --> 00:11:19,680

He's like, get your ass on the floor where you belong.

151

00:11:19,680 --> 00:11:20,680

I grab my backpack.

152

00:11:20,680 --> 00:11:24,960

I stand up and whenever I get into the aisle, I drop my backpack and I did the only thing

153

00:11:24,960 --> 00:11:31,740

that I had seen and understood as how to gain fire superiority in the situation.

154

00:11:31,740 --> 00:11:34,620

And that is violence.

155

00:11:34,620 --> 00:11:38,200

So I grabbed him by the esophagus and I just start squeezing him.

156

00:11:38,200 --> 00:11:42,680

You know, I got one hand on the back of his his his neck and then the other one, I'm just

157

00:11:42,680 --> 00:11:46,680

squeezing his throat and I'm screaming, I'm going to fucking kill you.

158

00:11:46,680 --> 00:11:49,560

I'm going to fucking kill you over and over and over.

159

00:11:49,560 --> 00:11:55,920

And what seemed like felt like forever probably lasted all of about like 10 seconds.

160

00:11:55,920 --> 00:12:04,560

But you know, you've got a third or fourth grader that's already developing this does

161

00:12:04,560 --> 00:12:09,040

extreme desire to like hurt people, you know, through what they've seen.

162

00:12:09,040 --> 00:12:10,040

You know what I'm saying?

163

00:12:10,040 --> 00:12:15,160

So I think I started attending therapy after that.

164

00:12:15,160 --> 00:12:21,000

And that's, you know, I mean, therapy is an interesting, an interesting thing.

165

00:12:21,000 --> 00:12:25,640

But like, my security was just so jacked up and all I'd ever seen was was violence.

166

00:12:25,640 --> 00:12:27,640

You know, or like how to handle people.

167

00:12:27,640 --> 00:12:39,080

And you know, I'll say that it's like the way that my father showed me how to be a man

168

00:12:39,080 --> 00:12:46,940

is by showing me all the things of like what not to do, how not to treat people, how not

169

00:12:46,940 --> 00:12:47,940

to treat women.

170

00:12:47,940 --> 00:12:55,760

And even like later, like I always wanted my like my father's approval, validation

171

00:12:55,760 --> 00:12:56,760

or whatever.

172

00:12:56,760 --> 00:12:59,680

I think we we crave that as men, you know what I'm saying?

173

00:12:59,680 --> 00:13:09,640

So we crave that fatherly love, that desire to be validated by another man.

174

00:13:09,640 --> 00:13:13,200

You know, our father is extremely important in our life.

175

00:13:13,200 --> 00:13:16,720

And like I chased that for a long time.

176

00:13:16,720 --> 00:13:21,280

And never I don't think, you know, I never really got it, but I had to come to terms

177

00:13:21,280 --> 00:13:28,600

with that and and how to validate my myself through surrounding yourself by the right

178

00:13:28,600 --> 00:13:33,720

people.

179

00:13:33,720 --> 00:13:34,720

That was an instance.

180

00:13:34,720 --> 00:13:37,480

I'm kind of I jumped all over the place.

181

00:13:37,480 --> 00:13:42,060

But there was an instance where my mom tried to leave was leaving my dad and or wanted

182

00:13:42,060 --> 00:13:47,920

to leave my dad and she comes out the house, the back of the house with a firearm and I'm

183

00:13:47,920 --> 00:13:55,160

crawling on the ground and my dad picks me up and puts me in front of him like a shield.

184

00:13:55,160 --> 00:14:02,260

And he tells her, shoot now, you know, and it's like when you go through a situation

185

00:14:02,260 --> 00:14:10,880

like that, how am I supposed to ever take value for my own life whenever my protector

186

00:14:10,880 --> 00:14:14,760

or the person that's supposed to protect me.

187

00:14:14,760 --> 00:14:17,360

Has no value for my own life.

188

00:14:17,360 --> 00:14:22,420

You know, and I and I should have said that earlier before I got to like the validation

189

00:14:22,420 --> 00:14:29,820

part or whatever, because then it would probably have made more sense.

190

00:14:29,820 --> 00:14:34,300

So we'll fast forward, like the bus situation, all that stuff took place.

191

00:14:34,300 --> 00:14:42,320

I get I was I was extremely involved in in sports growing up baseball track in high school

192

00:14:42,320 --> 00:14:43,600

in baseball.

193

00:14:43,600 --> 00:14:49,240

And then I moved to my dad's my senior year because I wanted to be closer to my friends

194

00:14:49,240 --> 00:14:50,440

and stuff like that.

195

00:14:50,440 --> 00:15:00,640

And my dad found some weed in my headboard, which wasn't too hard to find.

196

00:15:00,640 --> 00:15:04,680

It smelled extremely loud, but I was removed.

197

00:15:04,680 --> 00:15:07,520

I was removed from the baseball team.

198

00:15:07,520 --> 00:15:14,320

And so there there went like any hopes or dreams to go into college as far as like getting

199

00:15:14,320 --> 00:15:16,680

a scholarship or anything like that.

200

00:15:16,680 --> 00:15:17,680

Right.

201

00:15:17,680 --> 00:15:25,400

Well, there was an army recruiter at school and I ended up running into him.

202

00:15:25,400 --> 00:15:28,680

I'm like, you know, I wanted to go to college, which I've never used.

203

00:15:28,680 --> 00:15:30,560

I've never used those benefits.

204

00:15:30,560 --> 00:15:36,200

The whole one of the main reasons that I signed up for the army was was to to go to college

205

00:15:36,200 --> 00:15:38,960

and I never I never accessed I never accessed that.

206

00:15:38,960 --> 00:15:50,160

But so I signed up March 13th of 2003, which is 13 days after my birthday.

207

00:15:50,160 --> 00:15:54,460

And I dated a girl all through high school.

208

00:15:54,460 --> 00:15:57,280

And then I get go to basic training.

209

00:15:57,280 --> 00:15:59,400

I come back.

210

00:15:59,400 --> 00:16:01,000

I get back.

211

00:16:01,000 --> 00:16:04,160

So I leave in October of 2003.

212

00:16:04,160 --> 00:16:05,160

I come back.

213

00:16:05,160 --> 00:16:07,520

It's like February of 04.

214

00:16:07,520 --> 00:16:10,640

I get married May 9th of 04.

215

00:16:10,640 --> 00:16:13,200

I got deployed May 15th.

216

00:16:13,200 --> 00:16:14,200

And then.

217

00:16:14,200 --> 00:16:19,400

You know, I was infantry and combat engineer.

218

00:16:19,400 --> 00:16:28,180

And then the job, our job as a as a unit was to do EOD escort and security as well as route

219

00:16:28,180 --> 00:16:35,320

clearance missions while deployed to Baghdad, Iraq from 04 to 05 is 18 month deployment.

220

00:16:35,320 --> 00:16:37,800

I did 12 months boots on ground.

221

00:16:37,800 --> 00:16:44,160

We had a little bit of a train up mobilization, all those things you go through to prepare.

222

00:16:44,160 --> 00:16:53,880

And man, I'm extremely grateful for those situations and what the the bonds that I developed

223

00:16:53,880 --> 00:16:55,680

out there.

224

00:16:55,680 --> 00:17:05,280

But when you return home and you've lost some friends out there and stuff like that, I was

225

00:17:05,280 --> 00:17:06,280

National Guard.

226

00:17:06,280 --> 00:17:11,440

So the people that we were deployed with were all extremely close.

227

00:17:11,440 --> 00:17:13,120

And like we grew up together.

228

00:17:13,120 --> 00:17:17,480

We played sports together.

229

00:17:17,480 --> 00:17:20,240

You know, everybody's family.

230

00:17:20,240 --> 00:17:26,760

So like it's a and not not taking anything from any other, you know, anybody that loses

231

00:17:26,760 --> 00:17:27,760

anybody.

232

00:17:27,760 --> 00:17:31,000

But whenever you have people that you've been close to, like for that long, you know, their

233

00:17:31,000 --> 00:17:37,400

families and so it's so hard whenever you come back to see their families and then they

234

00:17:37,400 --> 00:17:42,600

ask you about like situations and stuff like that.

235

00:17:42,600 --> 00:17:45,360

Or you know, and it's just like.

236

00:17:45,360 --> 00:17:48,640

I went into such a state of hiding after I got back.

237

00:17:48,640 --> 00:17:50,120

Or you say hiding.

238

00:17:50,120 --> 00:17:52,680

Isolation.

239

00:17:52,680 --> 00:17:56,920

And my idea of coping.

240

00:17:56,920 --> 00:18:05,680

Was substances was the cocaine meth, like anything to help me like feel different than

241

00:18:05,680 --> 00:18:07,200

what I was.

242

00:18:07,200 --> 00:18:12,400

And coping through use of substances is not coping.

243

00:18:12,400 --> 00:18:17,080

You're just prolonging the healing.

244

00:18:17,080 --> 00:18:24,520

If you know, or like prolonging the possibility of healing, you know, because oftentimes we

245

00:18:24,520 --> 00:18:31,760

develop victim mindset through these things and like the why me and like, you know, the

246

00:18:31,760 --> 00:18:33,720

Survivors Guild or or whatever.

247

00:18:33,720 --> 00:18:39,520

Oh, it should have been me, you know, like all those things like played heavy, put heavy

248

00:18:39,520 --> 00:18:42,080

weight on my shoulders with with those situations.

249

00:18:42,080 --> 00:18:45,080

You know what I mean?

250

00:18:45,080 --> 00:18:50,400

So.

251

00:18:50,400 --> 00:18:54,320

Coming back, the transition was extremely difficult.

252

00:18:54,320 --> 00:18:56,240

And then like.

253

00:18:56,240 --> 00:19:08,040

So I spent 13 years in and out of incarcerations, institutions, psych wards, battling suicide.

254

00:19:08,040 --> 00:19:13,520

I was a fugitive for five and a half years on the run.

255

00:19:13,520 --> 00:19:21,120

And man, there's not a single part of any of that from childhood to then.

256

00:19:21,120 --> 00:19:23,480

Now that I regret, I don't regret it.

257

00:19:23,480 --> 00:19:30,400

Like I learned so much through the course of all that, especially like with mental health.

258

00:19:30,400 --> 00:19:32,840

And you know, like.

259

00:19:32,840 --> 00:19:37,240

When I got released, I didn't do a long stint in jail because like a lot of the charges

260

00:19:37,240 --> 00:19:41,440

have reached their like statute of limitations by the time I got picked up and they weren't

261

00:19:41,440 --> 00:19:44,080

anything like.

262

00:19:44,080 --> 00:19:47,120

Outlandishly crazy, they were like.

263

00:19:47,120 --> 00:19:50,720

I mean, it was a lot of stuff, but I can't and I can't even remember the whole list of

264

00:19:50,720 --> 00:19:54,880

charges, but it was it was a couple of pages of stuff that had accumulated over that period

265

00:19:54,880 --> 00:19:56,440

of five years.

266

00:19:56,440 --> 00:20:05,440

But when there were a couple of situations that took place that were extremely like transformational

267

00:20:05,440 --> 00:20:11,400

while I was incarcerated that last time I did a three, it was like a six month.

268

00:20:11,400 --> 00:20:18,400

Conversation, the last one, and that was almost five years ago.

269

00:20:18,400 --> 00:20:24,080

And there was a conversation that took that took place with my grandmother and she said

270

00:20:24,080 --> 00:20:27,600

she's she's gone now, but she said.

271

00:20:27,600 --> 00:20:31,120

If you could just get it right one time, you could quit coming back to this place.

272

00:20:31,120 --> 00:20:35,880

We were on a video call and I was like.

273

00:20:35,880 --> 00:20:39,560

I've got to quit letting the people that believe in me down.

274

00:20:39,560 --> 00:20:43,960

You know what I'm saying is I'm doing a disservice to to my family and the people that love me

275

00:20:43,960 --> 00:20:48,800

and the people that that know my potential and what I'm capable of.

276

00:20:48,800 --> 00:20:52,880

And I know my potential and what I'm capable of.

277

00:20:52,880 --> 00:20:55,320

And that was one.

278

00:20:55,320 --> 00:21:00,600

Then there was another where.

279

00:21:00,600 --> 00:21:05,440

I accidentally got shipped to another facility like, oh, how does this happen?

280

00:21:05,440 --> 00:21:10,640

It happens more times than, you know, they'd probably like to admit.

281

00:21:10,640 --> 00:21:14,920

But so I ended up getting shipped to a facility.

282

00:21:15,840 --> 00:21:19,280

And just a couple of days after I was there, I got beat pretty bad by a guard

283

00:21:19,800 --> 00:21:23,640

and lost vision in my eye for a while.

284

00:21:23,640 --> 00:21:26,680

I got I got hit with some of that.

285

00:21:26,680 --> 00:21:30,840

That's that that lovely spray that they had or whatever.

286

00:21:30,840 --> 00:21:32,160

And I mean, it ate me up.

287

00:21:32,160 --> 00:21:36,880

And then I got thrown into a hot shower, which really helped to activate it

288

00:21:36,880 --> 00:21:40,400

and spice things up a little bit.

289

00:21:41,800 --> 00:21:44,840

But one of the things that I said.

290

00:21:44,840 --> 00:21:49,280

After that, like this is whenever I really sort of take like ownership

291

00:21:49,280 --> 00:21:54,480

and accountability of the life that I was living and the changes that I needed to make.

292

00:21:55,920 --> 00:21:59,160

To become a better me, to become a better version of myself.

293

00:21:59,160 --> 00:22:02,240

And that was if I wasn't living the shit life that I was living before,

294

00:22:02,720 --> 00:22:06,480

I never would have put him in the position for those things that happened to me.

295

00:22:07,920 --> 00:22:10,200

You know, life is all about choices,

296

00:22:10,200 --> 00:22:14,360

and it's due to these choices that we make the consequences that they carry.

297

00:22:17,720 --> 00:22:21,120

So I was one. And then so the third thing.

298

00:22:22,400 --> 00:22:26,360

That was extremely important for me to recognize.

299

00:22:26,360 --> 00:22:29,440

And this is just another part of ownership is like when I was up for my sentencing.

300

00:22:30,960 --> 00:22:34,280

The judge offered me a hundred dollar bond.

301

00:22:35,960 --> 00:22:38,600

And probation.

302

00:22:38,600 --> 00:22:41,960

And I was like, you know, this is the first time since.

303

00:22:42,960 --> 00:22:46,080

Getting back from Iraq, this is the longest I've ever been sober.

304

00:22:47,520 --> 00:22:50,720

People were breaking into my house, stealing everything I had.

305

00:22:51,320 --> 00:22:55,840

And if I got released at that point in time, I was just going to go out

306

00:22:55,840 --> 00:22:58,440

and like wreak havoc. You know what I'm saying?

307

00:22:58,440 --> 00:23:02,720

I was still in a bit of a vengeful or spiteful mindset.

308

00:23:04,200 --> 00:23:05,800

And I wanted to change that.

309

00:23:05,800 --> 00:23:10,800

And I said, you know, I would prefer just sitting here.

310

00:23:12,200 --> 00:23:13,720

What does that look like?

311

00:23:13,720 --> 00:23:18,360

And he said, man, this isn't his words verbatim, but they're very close.

312

00:23:18,640 --> 00:23:22,640

He said, you know, in all my in all my time of being a judge,

313

00:23:22,640 --> 00:23:26,040

I've never seen anybody turn out going home.

314

00:23:27,880 --> 00:23:30,680

And so they ended up giving me six months credit for time served

315

00:23:31,680 --> 00:23:36,000

and then dropped the felony to misdemeanors, gave me gave me a chance.

316

00:23:36,000 --> 00:23:37,880

You know what I'm saying? Gave me a second chance at life, really.

317

00:23:39,560 --> 00:23:41,640

And I took that.

318

00:23:41,640 --> 00:23:44,760

I like to say I took that and ran with it and I never used again.

319

00:23:45,480 --> 00:23:48,080

But whenever I got released.

320

00:23:48,760 --> 00:23:50,120

I did start to struggle.

321

00:23:50,120 --> 00:23:52,080

I did relapse a couple more times after that.

322

00:23:52,080 --> 00:23:54,440

I didn't get in any kind of trouble or anything like that.

323

00:23:54,440 --> 00:23:59,720

Typically, I would like literally just isolate and hide and then.

324

00:24:01,200 --> 00:24:03,640

Be extremely angry with myself and then

325

00:24:04,960 --> 00:24:07,080

my last relapse was.

326

00:24:09,800 --> 00:24:11,800

So I set out at the beginning of.

327

00:24:11,800 --> 00:24:21,320

2023 to run across the United States and go go after

328

00:24:22,080 --> 00:24:29,520

go after a world record, which for males was 21 or 22 days of doing a 50K a day.

329

00:24:32,480 --> 00:24:34,720

I did 85 days.

330

00:24:34,720 --> 00:24:42,720

At 32 miles a day and went down a heat stroke on day 85.

331

00:24:44,120 --> 00:24:47,840

I still tried to run for another another 10 days after that.

332

00:24:48,840 --> 00:24:52,000

But I was I was basically dying.

333

00:24:52,600 --> 00:24:56,880

You know, it just wasn't working out so well for me, so that ended.

334

00:24:57,200 --> 00:25:01,000

And then I got so in my head about that.

335

00:25:01,000 --> 00:25:05,640

About that and one of the things that is important, like

336

00:25:05,760 --> 00:25:07,880

I was identifying myself by this goal.

337

00:25:07,880 --> 00:25:10,600

I felt like a failure because I didn't achieve the goal.

338

00:25:10,600 --> 00:25:12,160

I didn't make it across the United States.

339

00:25:12,160 --> 00:25:14,480

I didn't do this. I didn't do that.

340

00:25:15,160 --> 00:25:18,720

But look at how what I what I failed to realize was that was a benchmark.

341

00:25:18,800 --> 00:25:20,640

It was another lesson.

342

00:25:21,200 --> 00:25:23,640

I did that. I did that run extremely premature.

343

00:25:24,360 --> 00:25:26,920

I really wasn't ready for it physically.

344

00:25:26,920 --> 00:25:29,240

I didn't have the team for it.

345

00:25:29,240 --> 00:25:31,320

But I wasn't I wasn't scared to fail.

346

00:25:31,800 --> 00:25:33,920

But whenever I failed.

347

00:25:34,760 --> 00:25:37,840

I identified like my mindset got jacked up.

348

00:25:39,480 --> 00:25:44,920

And probably part of the reason with that was the amount of cortisol

349

00:25:44,920 --> 00:25:49,680

that was released in my in my system and in my mental health just like plummeted.

350

00:25:50,440 --> 00:25:54,640

And then I wanted to run away from my problems and then I relapse again.

351

00:25:54,640 --> 00:25:58,240

And then that went on for about like about four months.

352

00:26:02,040 --> 00:26:06,840

And that got me to a state of homelessness,

353

00:26:07,240 --> 00:26:09,600

which I've been I battled homelessness for like.

354

00:26:10,880 --> 00:26:16,000

The last three months recently got me recently got an apartment, got my.

355

00:26:17,840 --> 00:26:19,640

Got my feet back on the ground.

356

00:26:20,520 --> 00:26:23,880

I work relentlessly at, you know, getting my head back on the ground.

357

00:26:23,880 --> 00:26:25,920

Getting my head back above water and stuff like that.

358

00:26:26,560 --> 00:26:28,440

I'm not going to quit, you know, saying that.

359

00:26:28,440 --> 00:26:31,280

And the thing behind the run wasn't.

360

00:26:32,320 --> 00:26:36,000

About the world record, because even though I I broke.

361

00:26:37,200 --> 00:26:40,920

The 21 to 22 days consecutive days of doing a 50K,

362

00:26:42,040 --> 00:26:44,320

I didn't even submit the paperwork.

363

00:26:44,320 --> 00:26:47,320

It was never about it was never about the world record, you know,

364

00:26:48,000 --> 00:26:50,040

in my transition.

365

00:26:50,960 --> 00:26:53,800

And everything and going through like the VA for the disability

366

00:26:53,800 --> 00:26:55,600

and stuff like that and the things that have taken place.

367

00:26:58,560 --> 00:27:02,880

I started to identify by some of these injuries and like what you can't do.

368

00:27:02,880 --> 00:27:06,440

And sometimes what you can't do or what you're not supposed to do

369

00:27:06,440 --> 00:27:09,200

is every reason why you should continue to keep doing that,

370

00:27:09,200 --> 00:27:12,120

because when you get away from those things.

371

00:27:13,920 --> 00:27:17,000

That you should be doing.

372

00:27:17,000 --> 00:27:22,520

Or that you love is like you literally start aging five times faster.

373

00:27:22,520 --> 00:27:24,600

Everything starts to hurt 10 times worse.

374

00:27:24,600 --> 00:27:29,240

Everything starts to like just put you on this downward spiral,

375

00:27:29,240 --> 00:27:33,760

you know, mentally, physically, spiritually, emotionally, all these things, you know.

376

00:27:36,280 --> 00:27:38,360

Yeah, friggin.

377

00:27:39,760 --> 00:27:41,960

And then so.

378

00:27:41,960 --> 00:27:45,880

When I talk to Brendan at Transcend,

379

00:27:46,400 --> 00:27:51,160

and then they helped me get my like my like my blood work done.

380

00:27:51,160 --> 00:27:54,000

The foundation helped me get my blood work done, Transcend Foundation,

381

00:27:54,360 --> 00:27:58,880

and then got me, you know, the protocols that I needed to,

382

00:27:58,880 --> 00:28:03,760

you know, with with to help me start to get back into a better mental place,

383

00:28:04,560 --> 00:28:09,040

back on track, get my levels straight, get everything back into alignment

384

00:28:09,040 --> 00:28:12,640

so I can get better sleep, that way I can feel better mentally, physically.

385

00:28:13,720 --> 00:28:15,000

That way I can start doing.

386

00:28:16,120 --> 00:28:19,920

You know, recovering, repairing and then like prepare for what's next, you know.

387

00:28:19,920 --> 00:28:23,760

I think that was one of our one of the initial conversations that we had.

388

00:28:23,760 --> 00:28:27,800

We talked about Transcend and like what they what they do and how they,

389

00:28:27,800 --> 00:28:29,320

you know, helped you to.

390

00:28:30,600 --> 00:28:31,800

Yeah, no, absolutely.

391

00:28:31,800 --> 00:28:36,600

Well, I want to I want to go back initially to the start of 9 11.

392

00:28:36,600 --> 00:28:39,200

So you've had this turbulent childhood.

393

00:28:39,200 --> 00:28:43,400

I mean, I want to unpack some of that as we get further on, because I mean, you're

394

00:28:44,000 --> 00:28:48,760

a child's reality, their feeling of safety, security, safety, safety,

395

00:28:48,760 --> 00:28:52,960

feeling of safety, security, love is obviously based on the four walls

396

00:28:52,960 --> 00:28:54,080

of the homes that they grew up in.

397

00:28:54,080 --> 00:28:58,160

And that can be nurturing and loving or it can be terrifying for some young kids.

398

00:28:58,800 --> 00:29:02,160

But walk me through the 9 11 experience.

399

00:29:02,560 --> 00:29:05,480

You know, how old were you and what was that like through your eyes?

400

00:29:06,880 --> 00:29:09,200

I was in high school, so 9 11.

401

00:29:11,160 --> 00:29:15,720

I was a sophomore, I was a sophomore in high school and I was in.

402

00:29:15,720 --> 00:29:17,560

I was in chemistry.

403

00:29:18,440 --> 00:29:22,560

I remember that everything literally just stopped and they put that

404

00:29:23,120 --> 00:29:25,120

they put that on the news and I was like.

405

00:29:26,520 --> 00:29:27,800

What the hell is going on?

406

00:29:27,800 --> 00:29:32,120

You know what I mean? Like, you know, you're angry, you're upset.

407

00:29:33,440 --> 00:29:35,560

You got all these people that are.

408

00:29:37,240 --> 00:29:41,440

Getting hurt, killed, losing their families, you know, massive.

409

00:29:41,480 --> 00:29:42,920

I don't know, man, I just.

410

00:29:42,920 --> 00:29:46,360

I didn't know I didn't know what to think, how to feel.

411

00:29:47,120 --> 00:29:51,920

Other than angry, upset, you know, like you feel helpless.

412

00:29:53,200 --> 00:29:54,680

You know, like, what do you do?

413

00:29:54,680 --> 00:29:59,560

How do you combat terrorism and like what's going on in life in these

414

00:30:00,120 --> 00:30:05,400

in these situations? And, you know, also, I took my ass bad that year

415

00:30:05,400 --> 00:30:06,120

because they were like.

416

00:30:07,360 --> 00:30:10,480

This is what you're going to need to go into the military, you know,

417

00:30:10,480 --> 00:30:14,200

to to to do, and I was like, you know, I went and took that.

418

00:30:14,200 --> 00:30:17,800

And obviously, whenever I signed up, I didn't have to take it again, but

419

00:30:18,720 --> 00:30:21,760

my scores were high enough to be able to get well.

420

00:30:22,120 --> 00:30:24,640

You know, whenever you sign up for the infantry, I think

421

00:30:24,960 --> 00:30:27,000

you probably have a as bad score one.

422

00:30:28,120 --> 00:30:29,120

They let you in.

423

00:30:30,320 --> 00:30:31,800

No, I'm kidding. But.

424

00:30:33,120 --> 00:30:37,280

The experience, you know, everybody's talking, everybody was talking about it.

425

00:30:37,280 --> 00:30:38,560

Everybody's talking about it.

426

00:30:38,560 --> 00:30:42,280

Everybody's upset, everybody's enraged and, you know, you want to.

427

00:30:43,400 --> 00:30:45,640

You want to do something about it, but like, what can you do?

428

00:30:45,640 --> 00:30:50,360

Like, I've got two years before I can even, you know, do anything about the situation.

429

00:30:51,800 --> 00:30:55,280

So what about the the actual career into the military?

430

00:30:55,280 --> 00:30:57,160

Were you already thinking about that?

431

00:30:57,160 --> 00:31:00,000

And if so, were there any mentors in your life?

432

00:31:00,000 --> 00:31:02,800

Because obviously, you know, it sounds like the father figure had been

433

00:31:03,560 --> 00:31:05,160

less than ideal for you.

434

00:31:05,160 --> 00:31:08,880

Did you meet any other male or female figures, teachers, et cetera,

435

00:31:08,880 --> 00:31:10,680

that kind of led you into the military?

436

00:31:11,600 --> 00:31:16,080

No, I mean, my dad was in in the army a long time ago.

437

00:31:16,080 --> 00:31:18,960

But I mean, it wasn't like he didn't have some kind of.

438

00:31:19,920 --> 00:31:20,920

Crazy.

439

00:31:24,320 --> 00:31:27,200

It's really interesting to even talk about that, because

440

00:31:27,840 --> 00:31:30,560

there's so many times that conversations are coming up and then.

441

00:31:31,320 --> 00:31:34,160

My dad would be like, oh, yeah, well, I'm going to be a

442

00:31:34,160 --> 00:31:37,880

military man, and I'm like, oh, yeah, well, I did this in the military

443

00:31:37,880 --> 00:31:39,080

and stuff like that, and I'm like.

444

00:31:40,040 --> 00:31:41,480

It didn't go anywhere.

445

00:31:43,760 --> 00:31:47,280

He was like, I don't know. Anyway, like.

446

00:31:48,680 --> 00:31:53,960

I had a cousin that fought in Desert Storm or was deployed to Desert Storm.

447

00:31:54,920 --> 00:31:56,320

He was in the Air Force.

448

00:31:56,320 --> 00:32:03,640

And then I had another cousin that was in the Marines and.

449

00:32:07,120 --> 00:32:08,120

I don't.

450

00:32:08,720 --> 00:32:11,600

Like they didn't influence my I don't want to say they

451

00:32:11,600 --> 00:32:13,800

influenced my decision in any kind of way.

452

00:32:14,080 --> 00:32:18,840

You know, my family was always like, you know, they're they're always super

453

00:32:18,840 --> 00:32:22,760

supportive of the things that as far as like on my mom's side and stuff like that

454

00:32:22,760 --> 00:32:27,040

or whatever, because I don't I didn't know a ton of my family off my dad's side, but.

455

00:32:29,320 --> 00:32:30,880

They were always super supportive

456

00:32:30,880 --> 00:32:34,440

and they were always like really scared any time any kind of slight

457

00:32:34,920 --> 00:32:39,440

conflict came up, but I know whenever I signed my paperwork and then.

458

00:32:40,680 --> 00:32:43,400

I almost immediately after

459

00:32:44,040 --> 00:32:48,920

getting back from basic training, I was getting we got the orders to to get deployed.

460

00:32:48,920 --> 00:32:51,320

And, you know, we had a little get together and they were like,

461

00:32:51,320 --> 00:32:54,360

you know, do whatever you got to do to come back home and we'll deal with it.

462

00:32:54,360 --> 00:32:58,880

Whenever you get back, I don't think anybody was ready for the chaos

463

00:32:58,880 --> 00:33:04,360

that was coming with the downward spiral whenever I caught whenever I returned, you know.

464

00:33:06,040 --> 00:33:08,840

And I didn't know what PTS was.

465

00:33:08,840 --> 00:33:10,160

I didn't know what TBI was.

466

00:33:10,160 --> 00:33:13,280

I didn't know what any of these things like the weight that any of this would carry.

467

00:33:13,600 --> 00:33:14,920

I didn't know, you know.

468

00:33:16,160 --> 00:33:20,080

I didn't know that anything was really like wrong with me, you know.

469

00:33:20,080 --> 00:33:26,240

You know that there were so much stress that went on like in in in that deployment.

470

00:33:26,240 --> 00:33:30,160

Like my mom had a we have my little brother.

471

00:33:31,720 --> 00:33:35,000

We don't take that the wrong way.

472

00:33:35,000 --> 00:33:37,280

Oh, my God. That sounds so bad.

473

00:33:37,280 --> 00:33:39,680

It's like, oh, where are you from? Lower Alabama?

474

00:33:39,680 --> 00:33:42,080

I was kidding. But

475

00:33:43,880 --> 00:33:48,000

fricking so my mom, my mom had my little brother and he had

476

00:33:48,000 --> 00:33:53,080

he was diagnosed with cancer like right before leukemia, right before I left to go.

477

00:33:53,080 --> 00:33:57,960

So she's extremely stressed thinking, you know, like, what the hell am I going to do?

478

00:33:57,960 --> 00:34:02,080

Like I could be I'm faced with the possibility of losing both my sons.

479

00:34:02,080 --> 00:34:05,040

You know, I have a combat M.O.S. of being a combat engineer.

480

00:34:05,360 --> 00:34:10,920

And the job that we had as far as like working alongside with EOD

481

00:34:11,080 --> 00:34:15,480

and doing route clearance, they're extremely like chaotic jobs, you know.

482

00:34:15,480 --> 00:34:21,400

And so. Whenever

483

00:34:22,480 --> 00:34:27,680

that was also going on a couple of months after I left for my deployment, my

484

00:34:29,640 --> 00:34:33,520

my wife at the time gets pregnant for one of my friends.

485

00:34:34,480 --> 00:34:36,920

Clichy like typical, typical.

486

00:34:36,920 --> 00:34:40,600

I say typical, but like typical military situation, right?

487

00:34:40,600 --> 00:34:43,920

Like, I don't know, you know, like Jody's Jody's are everywhere.

488

00:34:43,920 --> 00:34:49,440

But. So whenever I ended up coming back on a leave

489

00:34:49,440 --> 00:34:51,920

and I spent the majority of the leave, either drunk.

490

00:34:52,840 --> 00:34:57,240

On cocaine or in the attorney's office, getting a divorce.

491

00:34:58,280 --> 00:35:02,760

So, you know, that was that was my two weeks of R&R.

492

00:35:03,120 --> 00:35:09,000

And then I ran while I was on R&R, I ran into one of the guys I was deployed with.

493

00:35:10,280 --> 00:35:11,280

His brother.

494

00:35:11,280 --> 00:35:15,040

And, you know, like I said, we're extremely close to the family and stuff like that.

495

00:35:15,600 --> 00:35:18,800

And grew up together, played baseball together, all these things. And.

496

00:35:19,920 --> 00:35:23,600

He said, hey, man, whenever you see John, tell him I love him.

497

00:35:24,600 --> 00:35:26,800

We miss him and we can't wait for him to come home.

498

00:35:28,360 --> 00:35:30,680

I got back off a leave.

499

00:35:30,680 --> 00:35:34,120

And the second then I saw John, I ran into him in the

500

00:35:35,520 --> 00:35:38,840

the chow hall and.

501

00:35:38,840 --> 00:35:42,520

A dining facility, I guess you could say same thing.

502

00:35:42,800 --> 00:35:48,000

And he you know, I gave him a hug, told him that Brian loved him,

503

00:35:48,000 --> 00:35:50,600

miss him, gave him a message from the family or whatever.

504

00:35:51,160 --> 00:35:54,760

And it was like less than two weeks later, he was killed in action, him

505

00:35:54,760 --> 00:35:57,800

and two other guys, John Reed,

506

00:35:59,000 --> 00:36:01,920

Christopher Ramsey and Michael Evans, three people.

507

00:36:01,920 --> 00:36:09,120

And one day in our in our New York New Roads unit.

508

00:36:11,040 --> 00:36:14,400

So I was I was a rough that was a tough day for, you know,

509

00:36:14,960 --> 00:36:18,640

for everybody and like you hear the call come over the thing that.

510

00:36:20,040 --> 00:36:21,920

This is going on or whatever.

511

00:36:21,920 --> 00:36:25,920

And this is one of the situations because like that was extremely close to home.

512

00:36:26,560 --> 00:36:29,920

Those people live in the same town that that I grew up in.

513

00:36:29,920 --> 00:36:32,800

And it was just.

514

00:36:36,800 --> 00:36:37,800

Like the.

515

00:36:38,560 --> 00:36:42,600

Like I said, man, I friggin isolated and I never wanted to be in that town,

516

00:36:42,600 --> 00:36:45,160

not because of anything other than.

517

00:36:46,800 --> 00:36:48,120

I just didn't want to think about it.

518

00:36:49,160 --> 00:36:53,280

You know, and like I just left and just really never.

519

00:36:53,280 --> 00:37:02,040

Never kind of never went back. You just kind of want to like leave that,

520

00:37:02,120 --> 00:37:03,720

leave that shit behind you.

521

00:37:03,720 --> 00:37:07,560

But, you know, the drugs and all those things like started to really take over

522

00:37:07,560 --> 00:37:09,200

my life and.

523

00:37:12,400 --> 00:37:14,640

I don't know, man, that's like.

524

00:37:14,640 --> 00:37:16,840

Coping the wrong way.

525

00:37:17,240 --> 00:37:19,840

Coping or trying to trying to cope the wrong way and then like

526

00:37:20,040 --> 00:37:23,240

developing that lifestyle.

527

00:37:23,240 --> 00:37:25,200

Of, you know.

528

00:37:27,040 --> 00:37:31,800

I told my like I went to this retreat, not a trip, it's not a retreat, the pursuit

529

00:37:33,080 --> 00:37:36,320

walking with walking in truth ministries.

530

00:37:36,600 --> 00:37:39,360

And actually, Cody Gandy sponsored me on this.

531

00:37:39,800 --> 00:37:44,760

And then I met Josh Strasburg out there and JP now.

532

00:37:46,800 --> 00:37:50,880

And this was such a life changing experience for me with

533

00:37:50,880 --> 00:37:54,000

with that situation, with that pursuit.

534

00:37:54,440 --> 00:37:59,240

And it was investing in my my spirit, you know, into my spirituality

535

00:37:59,240 --> 00:38:02,040

and my relationship with Jesus Christ and stuff like that.

536

00:38:03,560 --> 00:38:05,400

But there were a couple of things out there.

537

00:38:06,320 --> 00:38:11,160

That were extremely impactful that like kind of changed, changed the way

538

00:38:12,760 --> 00:38:17,400

that I think and the way that I more like the change, change the way that I felt

539

00:38:17,400 --> 00:38:19,320

like almost like gave me some closure.

540

00:38:19,320 --> 00:38:25,200

And there was a thing that we did, it was one of the last last nights there.

541

00:38:25,200 --> 00:38:28,320

And they do a thing called a father's blessing.

542

00:38:31,640 --> 00:38:35,600

I'm not going to be able to say it verbatim, but JP did it for me.

543

00:38:35,600 --> 00:38:40,320

And, bro, like I would if I even got to feel myself like

544

00:38:40,800 --> 00:38:44,000

getting all emotional about it now, man, it was such a powerful thing.

545

00:38:44,000 --> 00:38:45,040

It gave me like closure.

546

00:38:45,040 --> 00:38:46,800

It gave me like, you know, this

547

00:38:46,800 --> 00:38:50,920

feeling of of of of being loved and things like that.

548

00:38:50,920 --> 00:38:54,080

And it's I'm extremely grateful for that situation.

549

00:38:54,080 --> 00:38:55,560

I don't know how I even got on that. But.

550

00:38:59,760 --> 00:39:03,880

Walking in truth ministries, man, that friggin it was done in Amarillo, Texas.

551

00:39:04,200 --> 00:39:06,080

Extremely powerful experience.

552

00:39:07,080 --> 00:39:10,880

If anybody's doubting or, you know, trying to grow their relationship

553

00:39:10,880 --> 00:39:12,880

with Jesus Christ, powerful place to go.

554

00:39:12,880 --> 00:39:16,680

Solid place to go. Solid man. You know, there's a man, a man and a women's version.

555

00:39:18,200 --> 00:39:20,640

And it was life changing for me.

556

00:39:21,280 --> 00:39:24,800

JP and Cody have both been on the podcast, both incredible men.

557

00:39:25,400 --> 00:39:28,680

I want to get to your transition story, but just before we do,

558

00:39:28,680 --> 00:39:32,200

I want to throw a question at you that I do all members of the armed

559

00:39:32,200 --> 00:39:33,880

services that have seen combat.

560

00:39:34,480 --> 00:39:39,280

We get such a polarizing view of war on our television.

561

00:39:39,280 --> 00:39:43,040

Screens, you either get the kill them all, let God sort them out.

562

00:39:43,040 --> 00:39:45,640

Ra ra ra. Or you get the they're all baby killers.

563

00:39:45,640 --> 00:39:49,680

And in the middle of the men and women, arguably children that we send out,

564

00:39:49,680 --> 00:39:53,920

you know, with our flag on their shoulder to, you know, protect this country

565

00:39:53,920 --> 00:39:57,760

and arguably protect the indigenous people on those countries.

566

00:39:58,520 --> 00:40:02,880

So regardless of the politics, because as we touched on, you witnessed 9 11,

567

00:40:02,880 --> 00:40:04,960

but you found yourself in a completely different country.

568

00:40:04,960 --> 00:40:09,400

Regardless of the politics, was there a moment that you realized

569

00:40:09,400 --> 00:40:13,120

that there were some horrific people out there that you needed to protect people from?

570

00:40:17,680 --> 00:40:18,680

Absolutely.

571

00:40:21,480 --> 00:40:24,960

When you go into a country where these people.

572

00:40:26,920 --> 00:40:30,160

Or like literally taking anything

573

00:40:30,160 --> 00:40:34,720

that they can. To kill you.

574

00:40:35,760 --> 00:40:39,880

And let's go even a step further.

575

00:40:39,880 --> 00:40:42,480

Let's remove killing us out of the equation.

576

00:40:43,040 --> 00:40:46,880

When you're going to take your own people and cut them open and fill them up

577

00:40:46,880 --> 00:40:47,880

with explosives.

578

00:40:48,880 --> 00:40:53,160

To hurt you. Or other people or whatever.

579

00:40:54,040 --> 00:40:56,080

Absolutely, you need to protect your people.

580

00:40:56,080 --> 00:41:00,640

You know what I'm saying? And and. You know.

581

00:41:02,080 --> 00:41:03,320

Man, we did these things.

582

00:41:03,320 --> 00:41:08,120

We did some PBAs, post blast analysis out there,

583

00:41:08,440 --> 00:41:11,600

and it's where you go and basically kind of conduct an investigation.

584

00:41:13,360 --> 00:41:15,200

With the EOD teams and stuff like that.

585

00:41:16,520 --> 00:41:18,320

And the smells that come with that.

586

00:41:18,320 --> 00:41:23,240

Are pretty interesting, you know, like.

587

00:41:23,280 --> 00:41:26,480

I didn't have to handle any of the stuff like firsthand.

588

00:41:26,480 --> 00:41:29,640

I was a gunner, so I didn't have to get out of the truck in those situations

589

00:41:29,640 --> 00:41:30,640

or whatever.

590

00:41:31,920 --> 00:41:35,040

But being around it and knowing that you're on site

591

00:41:35,520 --> 00:41:37,440

where people are no longer with us.

592

00:41:40,440 --> 00:41:42,560

And I think that's the most important thing.

593

00:41:42,560 --> 00:41:44,440

I think that's the most important thing.

594

00:41:44,440 --> 00:41:52,760

No longer with us. When we would do our job on on like route clearance,

595

00:41:53,720 --> 00:41:56,080

it would affect you whenever you would have to.

596

00:41:56,600 --> 00:41:58,440

I don't want to speak. I'm not generalizing.

597

00:41:58,440 --> 00:42:00,520

I don't want to speak for everybody else.

598

00:42:00,520 --> 00:42:04,760

When you do that job on route clearance and your job is to clear the roadways,

599

00:42:04,840 --> 00:42:08,600

to protect other soldiers and civilians

600

00:42:09,360 --> 00:42:12,280

to be able to safely travel the roads.

601

00:42:12,280 --> 00:42:15,760

And then you go to something where something like this is detonated,

602

00:42:15,760 --> 00:42:19,280

whether it's in the ground, whether it's a V bed, vehicle born ID, whatever.

603

00:42:23,960 --> 00:42:28,360

That was another thing that I struggled with was like, I failed at my job.

604

00:42:30,640 --> 00:42:32,480

You know, so.

605

00:42:34,400 --> 00:42:35,400

There's like.

606

00:42:36,640 --> 00:42:39,240

My thing wasn't with.

607

00:42:39,240 --> 00:42:41,920

We're going to say, quote unquote, killing bad dudes.

608

00:42:43,080 --> 00:42:48,720

Right. And I wasn't I didn't do anything like whatever, like.

609

00:42:50,160 --> 00:42:51,800

I'm not here to talk about that.

610

00:42:51,800 --> 00:42:53,400

And you know, that stuff or whatever.

611

00:42:53,400 --> 00:42:57,000

But like, that's not where the trauma comes.

612

00:42:57,000 --> 00:42:58,400

Like, there's no trauma.

613

00:42:58,400 --> 00:43:00,400

I don't want to say there's no trauma that comes from that.

614

00:43:00,400 --> 00:43:02,640

But that's not the problem.

615

00:43:02,640 --> 00:43:06,720

The problem was seeing people destroyed.

616

00:43:06,720 --> 00:43:09,120

You know what I'm saying? Or like being on site

617

00:43:09,120 --> 00:43:12,560

and knowing that your brothers aren't going home to their families.

618

00:43:17,560 --> 00:43:19,520

Brothers, sisters, whatever, you know.

619

00:43:20,720 --> 00:43:23,560

Aren't going to be able to go home to their families. That's.

620

00:43:25,240 --> 00:43:26,240

That's what like.

621

00:43:28,400 --> 00:43:29,400

A lot of.

622

00:43:31,240 --> 00:43:33,040

Negative, you know, like.

623

00:43:33,040 --> 00:43:38,800

Self. Thoughts of self come in, you know, like negative thoughts about like,

624

00:43:38,800 --> 00:43:40,560

man, I failed at doing this.

625

00:43:41,480 --> 00:43:44,320

Was I not vigilant enough? Did I miss this or whatever?

626

00:43:44,320 --> 00:43:47,680

And it probably got put on after you went through.

627

00:43:48,680 --> 00:43:52,480

You know, the possibility that's like how you can kind of justify it.

628

00:43:52,880 --> 00:43:56,000

But it's also then there's the accountability part of like, I want to

629

00:43:56,000 --> 00:43:58,760

you want to take you want to take accountability of everything.

630

00:43:58,760 --> 00:44:02,120

You know what I'm saying? Like everything's my fault, you know.

631

00:44:02,640 --> 00:44:08,080

Mm hmm. Well, just to kind of add to that, I've talked about this a lot as a paramedic

632

00:44:08,080 --> 00:44:10,800

firefighter paramedic for 14 years.

633

00:44:10,800 --> 00:44:13,960

I never saved a single cardiac arrest.

634

00:44:13,960 --> 00:44:17,840

And so people like, you know, is it the horrible stuff that you've seen that bothers you?

635

00:44:17,840 --> 00:44:21,200

And it's not. It's the people you couldn't save.

636

00:44:21,200 --> 00:44:23,200

It's not the images.

637

00:44:23,200 --> 00:44:25,200

It's the people that you couldn't save.

638

00:44:25,200 --> 00:44:27,200

It's the people that you couldn't save.

639

00:44:27,200 --> 00:44:31,200

The images, it's the cries of the family that are left behind.

640

00:44:31,440 --> 00:44:33,760

You know, that's what I wouldn't say haunts me.

641

00:44:33,760 --> 00:44:38,840

But that's what, you know, is the worst part of my experience as a paramedic.

642

00:44:38,840 --> 00:44:40,480

So it sounds like it's the same kind of thing.

643

00:44:40,480 --> 00:44:44,760

It's it's then, you know, that feeling of, you know, I didn't do enough,

644

00:44:44,760 --> 00:44:48,280

even though, as you said, that IED could have been placed after you passed.

645

00:44:48,280 --> 00:44:51,360

And, you know, as we talk about in medicine, we're not God.

646

00:44:51,360 --> 00:44:53,240

We don't get to choose who lives or dies.

647

00:44:53,240 --> 00:44:55,400

We get to do our job well or poorly.

648

00:44:55,400 --> 00:44:59,800

But outside of that, you know, it's not up to us to save everyone.

649

00:44:59,800 --> 00:45:05,680

But when you pour your heart and soul into protecting or saving,

650

00:45:06,120 --> 00:45:10,560

when you lose someone, it's literally the polar opposite of your very mission.

651

00:45:10,560 --> 00:45:12,560

So it's jarring.

652

00:45:13,720 --> 00:45:15,720

And would you so so.

653

00:45:15,720 --> 00:45:24,480

I read this book and I can't remember the name of it, but it was it was about PTSD.

654

00:45:24,480 --> 00:45:29,320

And it's like whenever your moral compass is fucked with.

655

00:45:30,600 --> 00:45:31,320

You know what I'm saying?

656

00:45:31,320 --> 00:45:35,680

Like, and then you have like this training that you're supposed to do this or that or whatever.

657

00:45:35,680 --> 00:45:41,120

And I feel like that's worth saying, like you just said, the same thing or whatever.

658

00:45:41,120 --> 00:45:43,800

It's like it's not so much the chaos of the situation,

659

00:45:43,800 --> 00:45:48,600

but it's whenever like you have an opportunity that you could possibly quote unquote,

660

00:45:48,600 --> 00:45:50,040

like you're not God. Right.

661

00:45:50,040 --> 00:45:52,160

But then they put you or I would say they.

662

00:45:52,160 --> 00:45:57,320

But you have a job where like you kind of are.

663

00:45:59,240 --> 00:46:01,120

I'm not saying that you are God.

664

00:46:01,120 --> 00:46:02,880

Right. Like I'm not. That's not what I'm saying.

665

00:46:02,880 --> 00:46:06,960

I'm just saying, like when you get put in the when you can save or take a life,

666

00:46:07,320 --> 00:46:11,880

you're putting on the shoes of God, so to speak.

667

00:46:11,880 --> 00:46:17,160

You know. And.

668

00:46:21,960 --> 00:46:24,640

Those are some those are some those are some heavy shoes,

669

00:46:25,360 --> 00:46:27,600

you know, because we aren't God.

670

00:46:27,600 --> 00:46:29,120

We that's that's not who we are.

671

00:46:29,120 --> 00:46:33,200

But generally, whenever you're signing up for these things and to do these jobs,

672

00:46:33,200 --> 00:46:36,560

the service work and stuff like that, you're signing up to do good.

673

00:46:36,760 --> 00:46:38,880

You're not signing up to do harm.

674

00:46:38,880 --> 00:46:42,000

You're signing up for service and protection.

675

00:46:42,000 --> 00:46:44,800

You know, what is the most fulfilling feeling?

676

00:46:46,520 --> 00:46:50,080

What is the most fulfilling thing out the feeling out there?

677

00:46:51,280 --> 00:46:54,680

And that's like acts of service is one of them is like,

678

00:46:55,160 --> 00:47:00,200

I know that whenever I help someone, even it making introductions with people,

679

00:47:00,560 --> 00:47:03,240

whenever I see people connect.

680

00:47:03,240 --> 00:47:04,200

I feel good.

681

00:47:04,200 --> 00:47:07,160

And whenever I see them thriving off of that connection,

682

00:47:07,160 --> 00:47:10,720

it's just like it makes me smile even bigger because I like I like to see people win.

683

00:47:10,720 --> 00:47:11,960

I like to see people do good.

684

00:47:11,960 --> 00:47:15,040

I like to see people advance their life, advance their relationships,

685

00:47:15,040 --> 00:47:19,440

advance in business, whatever it is, you know, and it's just it's

686

00:47:21,040 --> 00:47:23,240

service work is is powerful.

687

00:47:24,480 --> 00:47:28,320

In all aspects, not just like it doesn't have to be extreme,

688

00:47:29,200 --> 00:47:33,720

even down to like putting the buggy up at the store.

689

00:47:33,720 --> 00:47:36,800

It boils down to be a good person.

690

00:47:37,600 --> 00:47:41,480

You know, like from the extreme, who would bring it, we can dumb it down a little bit.

691

00:47:41,480 --> 00:47:44,160

Like I like to put the buggies up at the store.

692

00:47:44,160 --> 00:47:45,880

I do, too. I don't record it.

693

00:47:45,880 --> 00:47:48,000

I don't need a pat on the back.

694

00:47:48,000 --> 00:47:50,680

They're going to post it on social media, bro.

695

00:47:50,680 --> 00:47:55,040

Like I'm not going to frickin record it and then post it in my stories.

696

00:47:55,040 --> 00:48:00,960

You know, and I was with I was with somebody a while back and

697

00:48:00,960 --> 00:48:03,600

was at the store and

698

00:48:04,960 --> 00:48:08,760

I see him leave a buggy, like take this stuff out.

699

00:48:08,760 --> 00:48:09,520

I'm like.

700

00:48:12,560 --> 00:48:14,560

You know, leave it right there.

701

00:48:15,760 --> 00:48:18,160

OK, cool. I get out the car and I go and grab the buggy,

702

00:48:18,160 --> 00:48:20,640

and then I walk across the parking lot, go put the buggy back.

703

00:48:20,640 --> 00:48:22,680

I'm like, do be a good, be a good human.

704

00:48:22,680 --> 00:48:24,000

You know, like.

705

00:48:24,840 --> 00:48:28,520

But then that that kind of that influence of the buggy,

706

00:48:28,520 --> 00:48:32,160

then that that kind of that influence of of me doing that.

707

00:48:32,960 --> 00:48:36,480

There were other situations down that I had been to the store with them.

708

00:48:36,840 --> 00:48:37,960

And guess what?

709

00:48:37,960 --> 00:48:40,240

Eventually, they started putting their buggy back.

710

00:48:40,240 --> 00:48:41,240

I was like.

711

00:48:42,400 --> 00:48:43,800

So why did you put the buggy back?

712

00:48:43,800 --> 00:48:46,360

Well, if I didn't put the buggy back, you would have went back

713

00:48:46,360 --> 00:48:48,600

and then did it and I was ready to go.

714

00:48:49,960 --> 00:48:50,960

It's like.

715

00:48:52,120 --> 00:48:57,040

So the way that we act and the thing that we do

716

00:48:57,040 --> 00:48:58,960

is influence the people around us.

717

00:48:58,960 --> 00:49:00,360

And I tried to.

718

00:49:02,240 --> 00:49:04,800

Everybody around me, in my opinion, is better than me.

719

00:49:06,000 --> 00:49:08,960

I like to be around people that are constantly striving

720

00:49:08,960 --> 00:49:12,760

and constantly searching for more that are selfless, that are generous,

721

00:49:13,840 --> 00:49:15,120

that are kind.

722

00:49:15,120 --> 00:49:17,520

They choose to be kind, you know, like it's.

723

00:49:18,520 --> 00:49:22,520

Kindness is a choice, you know, and all these things are choices.

724

00:49:22,520 --> 00:49:23,480

We can choose to get better.

725

00:49:23,480 --> 00:49:24,800

We can choose to get worse.

726

00:49:24,800 --> 00:49:25,960

There is no in-between.

727

00:49:25,960 --> 00:49:28,840

Every day, you're either getting better or you're getting worse, you know?

728

00:49:29,680 --> 00:49:30,680

And.

729

00:49:33,000 --> 00:49:36,160

Those are the things like being selfless has helped me

730

00:49:37,080 --> 00:49:39,160

a lot, like, you know, if I'm feeling down.

731

00:49:40,720 --> 00:49:43,320

But you hold the door open for somebody.

732

00:49:43,320 --> 00:49:46,240

It's a simple act like someone's coming behind you and just.

733

00:49:48,200 --> 00:49:51,000

Holding the door open, that simple, let somebody else walk out first.

734

00:49:51,000 --> 00:49:54,440

I take pride in like not walking past trash on the ground.

735

00:49:55,080 --> 00:49:56,880

There's just these little things that like.

736

00:49:58,600 --> 00:50:01,000

Not everybody does it, and that's part of the reason.

737

00:50:01,000 --> 00:50:03,160

And it goes back to.

738

00:50:04,800 --> 00:50:07,240

I like to do it because other people don't.

739

00:50:08,440 --> 00:50:11,000

World would be a lot better place and more people worked in the dark.

740

00:50:11,000 --> 00:50:11,800

You know what I'm saying?

741

00:50:11,800 --> 00:50:13,880

Like, I don't do things for a pat on my back.

742

00:50:14,200 --> 00:50:16,040

I just do it because I want to be a good human.

743

00:50:16,040 --> 00:50:16,640

You know what I'm saying?

744

00:50:16,640 --> 00:50:18,600

It makes me feel good picking up trash.

745

00:50:18,600 --> 00:50:21,400

You know what I'm saying? It makes me feel good picking up trash on the ground.

746

00:50:21,400 --> 00:50:23,880

Well, somebody else was a shit human, so I'm going to be a good human.

747

00:50:24,920 --> 00:50:26,400

I'm trying to zero sum that out.

748

00:50:26,400 --> 00:50:28,520

You know what I'm saying? Like.

749

00:50:29,400 --> 00:50:33,000

Well, speaking of that, I wanted the other half of the the question

750

00:50:33,000 --> 00:50:35,680

when it came to when you were actually in combat,

751

00:50:36,480 --> 00:50:39,840

is we never hear as well about the kindness and compassion

752

00:50:39,880 --> 00:50:43,480

of the indigenous people of our men and women in uniform.

753

00:50:43,480 --> 00:50:45,000

It's never really reported.

754

00:50:45,000 --> 00:50:49,120

So what are some of the times that you remember that really kind of,

755

00:50:49,120 --> 00:50:52,640

you know, resonating you're you're over there, you know, protecting,

756

00:50:52,640 --> 00:50:54,080

obviously, this EOD crew.

757

00:50:54,080 --> 00:50:57,560

But talk to me about kindness and compassion that you witnessed.

758

00:50:58,520 --> 00:50:59,520

Man, you know.

759

00:51:01,040 --> 00:51:05,400

I have a hard time remembering like there's been so much trauma,

760

00:51:05,400 --> 00:51:08,960

like I have a hard time remembering a ton of stuff from the deployment period.

761

00:51:10,200 --> 00:51:12,960

But. There were some.

762

00:51:12,960 --> 00:51:16,040

There were these kids that would bring us.

763

00:51:17,800 --> 00:51:21,120

Tea. Every day, and I can't remember the kind of tea,

764

00:51:21,120 --> 00:51:23,320

but it was like warm, it was super sweet.

765

00:51:24,360 --> 00:51:26,880

We got this like.

766

00:51:28,800 --> 00:51:32,960

Break for a little while, and they they put us on.

767

00:51:34,400 --> 00:51:37,200

They took us off a mission for a little while and they and.

768

00:51:38,960 --> 00:51:41,120

I was on this tower and these kids would come up

769

00:51:41,120 --> 00:51:44,560

like every day and bring like tea to us at night.

770

00:51:45,240 --> 00:51:49,360

Or it wasn't it was it was like before dark, like we go.

771

00:51:49,360 --> 00:51:52,760

I don't I can't remember the exact shift, but like right before right

772

00:51:52,760 --> 00:51:57,800

before the sun would go down, these kids would come up and like bring us,

773

00:51:57,800 --> 00:51:58,800

bring us tea.

774

00:52:00,000 --> 00:52:04,600

And. They would, you know, bullshit around with this,

775

00:52:04,600 --> 00:52:09,680

bring us DVDs and just kind of like cut up and play and play soccer like.

776

00:52:09,680 --> 00:52:12,920

Throw the ball back and forth and stuff like that or whatever, you know.

777

00:52:12,920 --> 00:52:18,440

And it's just really cool to see the innocence in in kids, but that as far as.

778

00:52:19,480 --> 00:52:23,880

As far as out in the in the town, like when we went on mission,

779

00:52:23,880 --> 00:52:29,560

I didn't have a whole ton of like intimate engagement with people because this

780

00:52:30,000 --> 00:52:31,000

when we leave.

781

00:52:32,640 --> 00:52:34,200

Like nobody can come near us.

782

00:52:35,400 --> 00:52:36,120

You know what I'm saying?

783

00:52:36,120 --> 00:52:41,120

Like you have to keep this like cord or cord on everything.

784

00:52:42,360 --> 00:52:46,960

Blocked off and keep people far away because of because of the danger zone

785

00:52:46,960 --> 00:52:47,960

and stuff like that.

786

00:52:47,960 --> 00:52:54,640

So I didn't get a ton of like super intimate engagements and not with not with live people.

787

00:52:57,000 --> 00:53:01,360

But as far as like those situations with the kids, the kids were were fun to

788

00:53:01,760 --> 00:53:04,760

engage with and and have a good time with.

789

00:53:04,760 --> 00:53:06,360

You know, beautiful.

790

00:53:06,360 --> 00:53:10,760

I've heard so many different stories and, you know, everyone's, you know, is obviously

791

00:53:11,200 --> 00:53:13,000

it might be some of the people they work with.

792

00:53:13,000 --> 00:53:17,000

It might be the the military veterinary surgeons that are treating local animals.

793

00:53:17,280 --> 00:53:20,760

But this is something that we need to hear the human beings that we send over

794

00:53:20,760 --> 00:53:25,520

there in a uniform, you know, some some horrors, but also some some beautiful

795

00:53:25,520 --> 00:53:29,160

moments as well. And it might be as simple as just interacting with children over

796

00:53:29,160 --> 00:53:30,760

a chai tea or whatever it is.

797

00:53:30,760 --> 00:53:34,280

Yeah, the interpreters were super, super cool.

798

00:53:34,320 --> 00:53:39,760

You know, I mean, whenever they're obviously they're trying to do good for their country.

799

00:53:40,640 --> 00:53:44,360

And I mean, even like they were so good, like they would bring us and that was OK.

800

00:53:44,360 --> 00:53:45,760

So I did have.

801

00:53:46,560 --> 00:53:47,320

Pretty decent.

802

00:53:47,320 --> 00:53:50,080

And I mean, as far as like through interpreters and stuff like that or whatever,

803

00:53:50,080 --> 00:53:52,200

like they would bring us bread and stuff like that.

804

00:53:52,200 --> 00:53:56,040

And that was that was super cool.

805

00:53:56,040 --> 00:53:57,040

And then.

806

00:53:57,040 --> 00:54:00,480

Like share, share different foods with us and stuff like that or whatever.

807

00:54:00,880 --> 00:54:06,280

I mean, hell, they could have poisoned me for, you know, like they'd bring food

808

00:54:06,280 --> 00:54:08,960

and it's like, you know, oh, all right, let's dig in.

809

00:54:08,960 --> 00:54:12,040

You know what I'm saying? Like you just trusted them, you know, based on like

810

00:54:12,040 --> 00:54:17,680

these guys are going with you or they're around you and they're willing to give

811

00:54:17,680 --> 00:54:21,360

their life for you. So you just, you know, you trust them, you know, even like with

812

00:54:21,360 --> 00:54:22,360

the coalition.

813

00:54:22,360 --> 00:54:25,880

Well, you kind of touched on your transition story already, you know, you

814

00:54:25,880 --> 00:54:29,360

you come from this kind of fractured home initially, you find yourself in the

815

00:54:29,360 --> 00:54:33,640

military with a tribe, with a purpose, losing some of your friends that you grew

816

00:54:33,640 --> 00:54:38,960

up with. You come out the other end and like so many people, a lot of the things

817

00:54:38,960 --> 00:54:40,880

that were healing are now taken away again.

818

00:54:40,880 --> 00:54:45,640

I think that's why if we don't focus on early life and the mental health of our

819

00:54:45,640 --> 00:54:48,920

responders and military personnel, we're not going to be able to do that.

820

00:54:48,920 --> 00:54:53,640

So if we don't focus on early life and the mental health of our responders and

821

00:54:53,640 --> 00:54:56,600

military, we're missing a big part of the conversation.

822

00:54:57,560 --> 00:55:01,800

You talked about addiction, you talked about homelessness and incarceration,

823

00:55:02,440 --> 00:55:06,280

and obviously listening to your story, it's been a kind of roller coaster ride

824

00:55:06,280 --> 00:55:10,240

of successes and falling off the wagon and then getting back on again.

825

00:55:10,600 --> 00:55:17,000

So as you kind of pan out this track, what were the things that worked?

826

00:55:17,000 --> 00:55:20,280

What were the moments that led to the self-sabotage at times?

827

00:55:21,640 --> 00:55:31,000

The things that led to the self-sabotage in every situation always had something

828

00:55:31,000 --> 00:55:34,120

to do with substances and a victim mentality.

829

00:55:34,760 --> 00:55:39,880

Anytime that I started to feel sorry for myself, anytime that like my language

830

00:55:39,880 --> 00:55:49,720

is not good enough, I can't or like these things or failing at goals and stuff

831

00:55:49,720 --> 00:55:54,600

like that and then identifying myself and then go, oh, if I get this, then I'm

832

00:55:54,600 --> 00:55:58,600

going to be this or if I get that, then I can do that or whatever.

833

00:55:59,640 --> 00:56:04,600

And forgetting that goals are just benchmarks.

834

00:56:06,120 --> 00:56:07,320

You either hit them or you don't.

835

00:56:07,320 --> 00:56:08,920

You know what I'm saying?

836

00:56:08,920 --> 00:56:13,000

It's just a piece to it's just a part of the piece.

837

00:56:13,000 --> 00:56:13,800

It's just a step.

838

00:56:13,800 --> 00:56:14,840

It's just a stepping stone.

839

00:56:14,840 --> 00:56:18,840

It's like every it's like, oh, I'm going to get this goal and then like, what next?

840

00:56:18,840 --> 00:56:21,800

Well, it's just a benchmark.

841

00:56:22,440 --> 00:56:24,360

It's already you're already on in the next.

842

00:56:24,360 --> 00:56:25,240

I'll celebrate that.

843

00:56:25,800 --> 00:56:32,360

And so it would start with like,

844

00:56:32,360 --> 00:56:39,160

if I would not hold the discipline, not hold the line, would just maybe be taking

845

00:56:39,160 --> 00:56:43,800

a shot of tequila or be like, oh, I'm just going to have one drink at lunch.

846

00:56:45,800 --> 00:56:47,560

And then I started to feel like a failure.

847

00:56:48,360 --> 00:56:52,200

I sort of feel like I was not, you know, staying on the path.

848

00:56:53,800 --> 00:56:56,520

Like you can't beat a sober mind.

849

00:56:56,520 --> 00:57:02,120

Like I just I find that for myself, I feel like I'm not going to be able to

850

00:57:02,120 --> 00:57:03,160

me.

851

00:57:03,160 --> 00:57:05,720

When I stay away from substances, I'm my best person.

852

00:57:06,600 --> 00:57:11,080

You know, like if you're drinking, even if it's like, OK, like

853

00:57:12,440 --> 00:57:13,240

I think about this.

854

00:57:15,000 --> 00:57:19,000

Whenever somebody says, I've had a crazy day, I've had a hectic day.

855

00:57:21,720 --> 00:57:23,000

I'm going to go have a cocktail.

856

00:57:24,200 --> 00:57:25,160

What are you running from?

857

00:57:26,440 --> 00:57:29,000

Be glad that you made it through a crazy day.

858

00:57:29,000 --> 00:57:29,880

You just got better.

859

00:57:29,880 --> 00:57:30,760

You just got stronger.

860

00:57:30,760 --> 00:57:31,560

You just learned something.

861

00:57:31,560 --> 00:57:34,720

And you just maybe you expanded your capacity for what you're capable of.

862

00:57:34,720 --> 00:57:37,920

Now you can get some rest because once you consume that cocktail,

863

00:57:38,120 --> 00:57:41,480

you're about to you're just you're jacking with your sleep.

864

00:57:43,020 --> 00:57:46,860

Your heart rate, your blood pressure, you're going to affect your recovery.

865

00:57:49,080 --> 00:57:51,220

You don't get, you know, like,

866

00:57:51,220 --> 00:57:55,360

oh, there's just no benefits to drinking.

867

00:57:56,160 --> 00:57:58,460

There's no benefit to substances.

868

00:57:58,460 --> 00:58:01,220

They don't make you better and they just make you worse.

869

00:58:01,220 --> 00:58:04,720

And so that was one of the things that like I've really started to.

870

00:58:07,360 --> 00:58:10,560

Realize and then like through working programs and stuff like that,

871

00:58:11,180 --> 00:58:14,260

like no matter what, I'm not going to use.

872

00:58:14,260 --> 00:58:17,220

No matter what, I'm not going to pick up for the simple fact of like,

873

00:58:17,220 --> 00:58:19,560

it's not going to solve anything.

874

00:58:19,560 --> 00:58:25,060

If anything, it's only going to cloud my judgment and and and hinder.

875

00:58:25,060 --> 00:58:29,920

My opportunity to get better.

876

00:58:29,920 --> 00:58:35,120

Things that worked for me were.

877

00:58:36,560 --> 00:58:40,660

Community showing up to events, being selfless.

878

00:58:43,600 --> 00:58:45,320

And so like.

879

00:58:46,820 --> 00:58:49,360

When you embrace the task at hand

880

00:58:50,000 --> 00:58:53,060

and like anything and you don't run from it and you face it

881

00:58:53,060 --> 00:58:56,600

and you go through it, you become better, you become, you know,

882

00:58:56,600 --> 00:58:59,260

smarter, stronger and better because of it.

883

00:59:01,420 --> 00:59:04,660

And then sharing the knowledge that you get

884

00:59:05,760 --> 00:59:09,220

from that with other people.

885

00:59:09,220 --> 00:59:12,660

When I first started sharing my story.

886

00:59:12,660 --> 00:59:16,020

Or like just things that I was going through, it was so selfish.

887

00:59:16,160 --> 00:59:18,120

I didn't know what the hell I was doing, actually.

888

00:59:18,120 --> 00:59:22,120

I initially like I knew that I wanted to do better in life.

889

00:59:22,680 --> 00:59:27,620

And I felt like I didn't want to be like, I'm not going into politics, but.

890

00:59:29,020 --> 00:59:30,720

I didn't want to be like one of these politicians

891

00:59:30,720 --> 00:59:32,760

that had all these like skeletons in their closet.

892

00:59:33,260 --> 00:59:36,180

Like if I started to do good, I didn't want people to be like, oh, yeah,

893

00:59:36,180 --> 00:59:39,560

but he's a fucking junkie and he's a drug dealer and he's like this.

894

00:59:39,560 --> 00:59:41,260

And he's like, you know.

895

00:59:42,360 --> 00:59:43,280

You know, whatever.

896

00:59:43,280 --> 00:59:46,660

And so I initially started sharing my story.

897

00:59:46,660 --> 00:59:48,660

I initially started sharing these things.

898

00:59:51,020 --> 00:59:53,420

To to admit my faults first.

899

00:59:54,720 --> 00:59:57,680

Although it is like, so that's another thing

900

00:59:57,680 --> 01:00:00,160

that's like really helped me is being able to.

901

01:00:01,360 --> 01:00:03,380

Be self aware.

902

01:00:03,380 --> 01:00:05,880

Be aware of my surroundings, be aware of my mindset,

903

01:00:05,920 --> 01:00:07,920

be aware of like what's going on.

904

01:00:07,920 --> 01:00:09,460

And I had no idea what I was doing.

905

01:00:09,460 --> 01:00:10,660

I just knew that I wanted to be better.

906

01:00:10,660 --> 01:00:13,180

And then by sharing this, I was just trying all I was doing

907

01:00:13,180 --> 01:00:15,360

was trying to rob people of the opportunity to hurt me.

908

01:00:15,360 --> 01:00:18,560

Because throughout my life, people have taken things that have happened

909

01:00:18,560 --> 01:00:20,480

and thrown them in my face.

910

01:00:21,480 --> 01:00:23,480

To like try and bring me down, right?

911

01:00:23,480 --> 01:00:26,580

Some, you know, whenever you go and you're the first to admit

912

01:00:26,980 --> 01:00:31,820

that you're in the wrong or at fault, the quicker that you can come to a solution.

913

01:00:33,180 --> 01:00:35,680

So that's a major part of like, you know, that's

914

01:00:35,680 --> 01:00:38,180

that has to do with keeping your ego in check.

915

01:00:38,180 --> 01:00:43,180

And so that's a major, that's a major thing for me is keeping,

916

01:00:43,180 --> 01:00:46,680

keeping that ego in check and being able to go first and say, hey, man.

917

01:00:48,480 --> 01:00:51,180

I'm a little jacked up right now or I was wrong about this.

918

01:00:52,680 --> 01:00:54,180

And I'm wrong a lot.

919

01:00:54,180 --> 01:00:56,980

I don't like to I don't like to be wrong, but I'm wrong.

920

01:00:56,980 --> 01:00:57,980

I'm wrong quite often.

921

01:00:57,980 --> 01:00:59,980

I make a ton of mistakes.

922

01:01:00,980 --> 01:01:02,480

You cannot fear failure.

923

01:01:02,480 --> 01:01:03,480

It's going to happen.

924

01:01:03,480 --> 01:01:04,480

It's going to happen.

925

01:01:04,480 --> 01:01:05,480

It's going to happen.

926

01:01:05,480 --> 01:01:06,480

It's going to happen.

927

01:01:06,480 --> 01:01:08,680

You cannot fear failure. It's going to happen.

928

01:01:08,680 --> 01:01:11,080

We're going to fail way more than we succeed.

929

01:01:11,080 --> 01:01:14,780

But the lessons from that and then taking those lessons, taking those failures,

930

01:01:15,080 --> 01:01:18,980

even if you don't know what the lesson from the failure is, being able to expose

931

01:01:18,980 --> 01:01:20,080

it and shine light on it.

932

01:01:21,280 --> 01:01:24,980

When you put light on dark, like it, it makes it go away.

933

01:01:25,280 --> 01:01:26,680

I don't want to say it makes it go away, but you can.

934

01:01:26,680 --> 01:01:28,880

That's how you find another perspective.

935

01:01:28,880 --> 01:01:32,340

That's how you find the power in it, find the knowledge in it and everything else.

936

01:01:32,340 --> 01:01:39,740

When you were going through addiction, you know, incarceration, even homelessness.

937

01:01:41,340 --> 01:01:45,940

What were the barriers to you getting back on track?

938

01:01:45,940 --> 01:01:51,340

And the reason I ask this, for example, drug prohibition has driven addicts

939

01:01:51,340 --> 01:01:52,340

into the shadows.

940

01:01:52,340 --> 01:01:56,540

It's empowered criminals selling to people with addiction, you know,

941

01:01:56,540 --> 01:01:57,540

homelessness.

942

01:01:57,540 --> 01:02:01,340

A lot of times we're ushering people out of one jurisdiction into another

943

01:02:01,340 --> 01:02:06,340

So there's an absence of empathy at the moment, the way we look at a lot of these

944

01:02:06,340 --> 01:02:11,340

issues, which I think then just further drowns the people that are already drowning.

945

01:02:11,340 --> 01:02:13,140

It pushes them further into the water.

946

01:02:13,940 --> 01:02:17,340

What, if any, you know, challenges did you find?

947

01:02:17,340 --> 01:02:20,140

You know, I'm sure there must have been times where you wanted to get clean,

948

01:02:20,140 --> 01:02:22,940

want to get back on the straight and narrow, wanted to clear up, you know,

949

01:02:22,940 --> 01:02:26,940

your legal problems that you had.

950

01:02:26,940 --> 01:02:30,340

Were there any things with this lens that you have now that you're trying to

951

01:02:30,340 --> 01:02:36,340

clear up, you know, the lens that you have now looking back that if change

952

01:02:36,340 --> 01:02:40,340

would set people that were struggling out for success rather than spiraling

953

01:02:40,340 --> 01:02:41,340

downwards?

954

01:02:42,340 --> 01:02:46,740

One of the major things was like the incarcerations and the addiction and

955

01:02:46,740 --> 01:02:53,940

stuff like that were the second that I would get out and you have these

956

01:02:53,940 --> 01:02:55,140

court dates and stuff like that.

957

01:02:55,140 --> 01:02:56,140

You get scared.

958

01:02:56,140 --> 01:02:59,340

Once you go into the system, it's so hard to get out of it.

959

01:03:00,340 --> 01:03:00,940

You know what I'm saying?

960

01:03:00,940 --> 01:03:04,940

And then so it keeps you in a state of constantly.

961

01:03:10,140 --> 01:03:13,140

Keeping that vicious cycle alive, you know what I'm saying?

962

01:03:13,140 --> 01:03:17,540

Like you. The crazy part about it is like in.

963

01:03:18,940 --> 01:03:23,640

In all reality, only 25% of people ever break the mold of the system or

964

01:03:23,640 --> 01:03:24,940

addiction or whatever.

965

01:03:24,940 --> 01:03:29,540

You know what I'm saying? Like it's hard, but it's just as hard.

966

01:03:29,940 --> 01:03:30,940

It's a paradox.

967

01:03:31,440 --> 01:03:34,040

It's just as hard to stay sober as it is.

968

01:03:35,740 --> 01:03:37,740

To not, you know, they both suck.

969

01:03:38,840 --> 01:03:40,940

I don't want to say they don't they don't both suck.

970

01:03:42,440 --> 01:03:43,040

It doesn't suck.

971

01:03:44,340 --> 01:03:46,840

But they're both hard like breaking addiction is hard.

972

01:03:46,840 --> 01:03:48,140

There's pain that comes with that.

973

01:03:48,140 --> 01:03:56,740

There's like the stagnant non growth in your mind that takes place.

974

01:03:56,740 --> 01:03:58,340

Like it's not developing.

975

01:03:58,340 --> 01:04:03,740

It's like causing harm to it and your organs and everything else your mindset.

976

01:04:09,740 --> 01:04:14,140

The barriers for like with the addiction was, you know.

977

01:04:15,740 --> 01:04:16,740

How am I going to be able to?

978

01:04:16,740 --> 01:04:19,440

Like I was I'm super introverted.

979

01:04:19,440 --> 01:04:21,340

I don't really like being around like a ton of people

980

01:04:23,340 --> 01:04:27,440

and drugs were drugs and alcohol and stuff like that were my way to even

981

01:04:27,440 --> 01:04:29,240

even now, like if I go to listen to music.

982

01:04:32,040 --> 01:04:34,940

At a scene or something like I like want to hide in the corner

983

01:04:34,940 --> 01:04:37,640

because I don't want anybody to talk to me, not because I don't

984

01:04:37,640 --> 01:04:39,040

just like people.

985

01:04:39,040 --> 01:04:42,240

I just want to just go and just kind of like enjoy myself.

986

01:04:42,240 --> 01:04:45,240

I don't typically go anywhere to socialize.

987

01:04:45,240 --> 01:04:48,940

I don't go anywhere just because I want to like have conversations.

988

01:04:48,940 --> 01:04:52,140

I want to go, you know, unless like I'm supposed to be meeting somebody

989

01:04:52,140 --> 01:04:55,640

there like I'm not going there because I want to like hang out with a group

990

01:04:55,640 --> 01:04:56,640
of people like that's not my thing.

991

01:04:56,640 --> 01:04:57,440
I don't like going out.

992

01:04:57,440 --> 01:05:01,140
I don't like, you know, like the only time I ever went out was

993

01:05:01,140 --> 01:05:05,040
whenever I was highly intoxicated shouldn't have been on the road

994

01:05:05,440 --> 01:05:08,440
and loaded on meth, you know, like

995

01:05:09,640 --> 01:05:12,440
and even whenever I was selling drugs, I still didn't want to be around

996

01:05:12,440 --> 01:05:13,240
a ton of people.

997

01:05:13,240 --> 01:05:15,440
More people you're around, the easier it is to get popped.

998

01:05:16,740 --> 01:05:18,740
I wanted to hide and.

999

01:05:23,640 --> 01:05:28,040
Like also with that is, you know, like.

1000

01:05:31,640 --> 01:05:34,540
Things just don't feel the same, you know, like, you know,

1001

01:05:34,840 --> 01:05:37,740

you have to go through a period of like that adjustment

1002

01:05:38,140 --> 01:05:40,140

and it's like, what is this adjustment going to be like?

1003

01:05:40,140 --> 01:05:44,340

Because I remember what how I felt before I started using drugs

1004

01:05:45,140 --> 01:05:47,140

and not the drug made me feel any better

1005

01:05:47,740 --> 01:05:52,140

because it's actually kind of miserable, especially after a while of doing them.

1006

01:05:52,140 --> 01:05:53,340

They don't carry the same high.

1007

01:05:53,440 --> 01:05:55,140

It's not it's not fun.

1008

01:05:55,140 --> 01:05:56,340

It's not, you know.

1009

01:05:58,740 --> 01:06:02,440

Oftentimes the people around you are not not the best people all the time.

1010

01:06:02,440 --> 01:06:02,940

You know what I'm saying?

1011

01:06:02,940 --> 01:06:05,540

They're not and not that everybody's bad.

1012

01:06:05,640 --> 01:06:07,340

It's not that everybody's bad.

1013

01:06:07,340 --> 01:06:10,540

It's like what are going to be my who am I going to hang out with?

1014

01:06:11,540 --> 01:06:15,340

Like the close people that like the people that I had around me during that period.

1015

01:06:15,340 --> 01:06:17,340

I'm like, I'm not going to be able to hang out with them anymore.

1016

01:06:18,140 --> 01:06:21,340

Like, I'm not going to have any friends, you know, like at all.

1017

01:06:21,340 --> 01:06:22,940

And as anti social as I am.

1018

01:06:24,140 --> 01:06:27,140

The few people that I would hang out with, I wanted to be around,

1019

01:06:27,140 --> 01:06:27,940

you know what I'm saying?

1020

01:06:27,940 --> 01:06:31,340

Like and then when you have to start over like that's a little bit.

1021

01:06:31,540 --> 01:06:34,540

I don't want to say it's depressing, but like once but

1022

01:06:34,540 --> 01:06:38,740

I slowly but surely started to find some new people by getting uncomfortable.

1023

01:06:43,140 --> 01:06:45,740

And going places and doing things that would improve me.

1024

01:06:45,740 --> 01:06:48,940

Like I never would have done a run group or anything like that.

1025

01:06:48,940 --> 01:06:52,140

And you know, like I started to meet people around here,

1026

01:06:52,140 --> 01:06:56,340

but like that was how I started to kind of meet people in in Destin was like

1027

01:06:56,340 --> 01:06:58,940

I was going to a run group and I hate running.

1028

01:06:59,540 --> 01:07:02,340

People think that, you know, like, oh, you ran across, you know, like

1029

01:07:02,340 --> 01:07:04,540

you ran, you do all this running and stuff like that.

1030

01:07:04,540 --> 01:07:06,540

You love running. I'm like, I fucking despise running.

1031

01:07:06,540 --> 01:07:07,740

I hate running with a passion.

1032

01:07:07,740 --> 01:07:09,540

I have amputated muscles out of my leg.

1033

01:07:09,540 --> 01:07:10,740

I paralysis in my foot.

1034

01:07:10,740 --> 01:07:11,940

I have a rod in my left leg.

1035

01:07:11,940 --> 01:07:12,740

I don't like running.

1036

01:07:12,740 --> 01:07:14,140

Running is not fun for me.

1037

01:07:17,940 --> 01:07:22,740

But you know, when I was in my addiction.

1038

01:07:24,540 --> 01:07:28,140

And I was a fugitive and I would go and get drugs and I would sell drugs.

1039

01:07:28,140 --> 01:07:31,140

It was by any means necessary to do what I was doing.

1040

01:07:31,140 --> 01:07:34,340

It was necessary to do whatever it took to do this, to that,

1041

01:07:34,340 --> 01:07:36,140

to accomplish this mission, to whatever.

1042

01:07:38,940 --> 01:07:43,340

If I could invest so much into negativity and destroy in my life,

1043

01:07:43,340 --> 01:07:48,340

what would my life look like if I put that same energy into rebuilding it

1044

01:07:48,540 --> 01:07:52,740

and to rebuilding myself into rebuilding relationships into, you know,

1045

01:07:52,940 --> 01:07:54,340

investing in other people?

1046

01:07:54,540 --> 01:07:56,940

Who could I help? How many lives could I save?

1047

01:07:56,940 --> 01:07:59,340

Who like what good could I do?

1048

01:07:59,740 --> 01:08:04,340

Because I wasn't nobody's meant to live that way.

1049

01:08:04,340 --> 01:08:06,940

We weren't created to live like that.

1050

01:08:08,540 --> 01:08:12,740

And, you know, that's why I'm all the shit, all the chaos,

1051

01:08:12,740 --> 01:08:15,740

all the whatever that happens in life.

1052

01:08:16,740 --> 01:08:22,340

I find it's really hard, but I find gratitude in it

1053

01:08:22,340 --> 01:08:26,540

because in every terrible situation, there's so many positives that can come from it.

1054

01:08:29,140 --> 01:08:31,340

Love that. Beautiful.

1055

01:08:31,540 --> 01:08:36,540

Well, with that, I want to get to transcend specifically, but before we do,

1056

01:08:37,540 --> 01:08:39,540

where are we finding you now mentally?

1057

01:08:39,540 --> 01:08:41,340

Because you mentioned about sobriety.

1058

01:08:41,340 --> 01:08:43,740

So what has changed in 2024?

1059

01:08:43,740 --> 01:08:48,940

I mean, you've gone through this incredible journey from childhood trauma to combat to,

1060

01:08:48,940 --> 01:08:53,140

you know, this this this battle with addiction and all the things that come with it.

1061

01:08:53,340 --> 01:08:54,540

Where are you now?

1062

01:08:54,540 --> 01:08:57,540

And, you know, and what is what is maintaining that today?

1063

01:08:58,340 --> 01:09:01,540

OK, so the last time that I used

1064

01:09:03,340 --> 01:09:05,340

tomorrow is my three month

1065

01:09:07,140 --> 01:09:11,740

clean from drugs and whatever you want to call it date.

1066

01:09:11,940 --> 01:09:13,740

And I don't really focus on dates too much.

1067

01:09:13,740 --> 01:09:16,740

Like I'm not going to AA or in a or time or whatever.

1068

01:09:16,740 --> 01:09:18,940

I just have created.

1069

01:09:19,140 --> 01:09:20,740

I not alone.

1070

01:09:20,940 --> 01:09:23,940

When I say I, it's more like, honestly, it's we

1071

01:09:24,140 --> 01:09:28,340

because it's like the people around me, you know, my fiance, stuff like that.

1072

01:09:28,540 --> 01:09:34,540

Like we frigin it's it's it's accumulation of like purpose and like love and,

1073

01:09:34,740 --> 01:09:40,140

you know, feeling wanted and needed and created purpose in our in life.

1074

01:09:40,140 --> 01:09:42,340

You know what I'm saying? And direction, having a direction.

1075

01:09:42,340 --> 01:09:46,540

So December the eighth was the last time that I use.

1076

01:09:47,140 --> 01:09:50,140

And January the 11th was the last time that I drank.

1077

01:09:50,340 --> 01:09:52,540

Even after I use, I was still drinking and stuff like that.

1078

01:09:52,740 --> 01:09:55,940

And it had been quite a it had been a long time

1079

01:09:56,140 --> 01:09:59,340

as I really like struggled with with alcohol

1080

01:10:00,140 --> 01:10:04,340

and towards a point where I was like, I don't really have an alcohol problem anymore.

1081

01:10:04,740 --> 01:10:10,140

And then it started to like I couldn't do anything without like wanting to drink.

1082

01:10:10,140 --> 01:10:14,340

It would get to like I'd buy a bottle of tequila and it was like, oh, well,

1083

01:10:14,540 --> 01:10:16,940

I have it. I'm going to take a shot this morning.

1084

01:10:17,140 --> 01:10:20,540

Why not? You know, and it'd be like, oh, well, I'm about to go do this.

1085

01:10:20,740 --> 01:10:22,340

Let me just pop take a couple of shots.

1086

01:10:22,540 --> 01:10:26,740

And then next thing I knew, I wanted to go and like sit at.

1087

01:10:27,340 --> 01:10:31,540

A restaurant or a bar or whatever and then have drinks.

1088

01:10:31,740 --> 01:10:33,540

And I don't even like being at bars.

1089

01:10:33,740 --> 01:10:37,740

Like I would find a spot in a corner and it would go like sit and drink.

1090

01:10:37,740 --> 01:10:40,140

By myself. That's terrible. Like.

1091

01:10:44,140 --> 01:10:52,540

And it's interesting that January 11th is also the day

1092

01:10:52,740 --> 01:10:54,340

that was the last day that I drank.

1093

01:10:54,540 --> 01:10:59,140

And I was the day that Cody got me set up on the walking in truth ministries.

1094

01:11:00,540 --> 01:11:03,140

And he told me, he said.

1095

01:11:04,140 --> 01:11:06,540

He said, brother, he said, you know, I'm going to go to the bar.

1096

01:11:06,540 --> 01:11:11,740

He said, brother, he said, and I'm I don't know if he could tell.

1097

01:11:11,940 --> 01:11:14,740

Probably I might have been slurring my words a little bit.

1098

01:11:14,940 --> 01:11:18,940

Hopefully I wasn't because that's extremely embarrassing.

1099

01:11:19,140 --> 01:11:20,540

Look like an idiot.

1100

01:11:20,740 --> 01:11:24,940

But I have so much respect for that dude.

1101

01:11:25,140 --> 01:11:26,940

Like he's.

1102

01:11:27,140 --> 01:11:30,140

I have so much love and respect for Cody.

1103

01:11:30,140 --> 01:11:38,940

We do this like he said, dude, if you struggle, he said, if you even think,

1104

01:11:39,140 --> 01:11:41,340

he said, if you think about drinking again, call me.

1105

01:11:41,540 --> 01:11:43,340

I don't care what time it is.

1106

01:11:44,340 --> 01:11:45,740

And.

1107

01:11:46,740 --> 01:11:48,740

I was like, there's no fucking way I'm

1108

01:11:48,940 --> 01:11:53,540

going to let this dude down, you know, I'm saying like, not because I did.

1109

01:11:53,740 --> 01:11:57,340

Like, you know, you give me the.

1110

01:11:57,340 --> 01:12:01,340

The access, you know, like I want to be there for you, but it's like.

1111

01:12:01,540 --> 01:12:07,140

I want to I would rather make you proud that I didn't have to do that.

1112

01:12:07,340 --> 01:12:08,940

You know what I'm saying?

1113

01:12:09,140 --> 01:12:12,140

Even though that you're willing to go to the distance and meet me there.

1114

01:12:12,340 --> 01:12:16,140

And then that was also the day I started talking to.

1115

01:12:16,340 --> 01:12:19,740

My fiance as well.

1116

01:12:19,940 --> 01:12:26,340

And and bro freaking just like dove in headfirst.

1117

01:12:26,340 --> 01:12:28,540

She's powerful.

1118

01:12:28,740 --> 01:12:33,940

She's such a powerful woman, loving, kind and grateful for it.

1119

01:12:34,140 --> 01:12:40,140

But there were some major pivotal things that day.

1120

01:12:40,340 --> 01:12:46,940

But like my headspace is from that point when I quit drinking.

1121

01:12:47,940 --> 01:12:51,340

It's it's like everything started to change.

1122

01:12:51,540 --> 01:12:52,740

Things started to become more clear.

1123

01:12:52,940 --> 01:12:54,740

Things started to become, you know,

1124

01:12:54,740 --> 01:12:57,540

like my consistency with the gym was picking up.

1125

01:12:57,740 --> 01:12:58,940

My headspace was getting better.

1126

01:12:59,140 --> 01:13:04,340

Everything started to just feel better by letting and in knowing and having a plan

1127

01:13:04,540 --> 01:13:07,340

going forward that things were getting better, you know.

1128

01:13:07,540 --> 01:13:08,340

Brilliant.

1129

01:13:08,540 --> 01:13:12,940

Well, from the physiological point of view, then you mentioned about Transcend

1130

01:13:13,140 --> 01:13:18,540

Foundation, Transcend, amazing company for supplementation, hormone replacement, etc.

1131

01:13:18,740 --> 01:13:22,740

And then the foundation, Brendan and those guys are doing incredible things

1132

01:13:22,740 --> 01:13:26,540

through the altruistic arm helping military and first responders.

1133

01:13:26,740 --> 01:13:33,940

So talk to me about your experience and which of the supplements have been helping you.

1134

01:13:34,140 --> 01:13:41,340

So some of the supplements that I use are obviously, I want to say,

1135

01:13:41,540 --> 01:13:44,340

my test levels were super low.

1136

01:13:44,540 --> 01:13:51,340

I think before, after the run, I've been with them for a couple of years,

1137

01:13:51,340 --> 01:13:54,140

but I got really inconsistent during the run.

1138

01:13:54,340 --> 01:13:55,740

I just like was running out of time.

1139

01:13:55,940 --> 01:13:56,940

And like I just did.

1140

01:13:57,140 --> 01:13:58,940

I was so tired and exhausted.

1141

01:13:59,140 --> 01:14:01,940

It was like wanting to stick myself and whatever.

1142

01:14:02,140 --> 01:14:05,140

It was like I had the compounds, Transcend, it supported me.

1143

01:14:05,340 --> 01:14:06,140

They sent me all these things.

1144

01:14:06,340 --> 01:14:07,940

And then like.

1145

01:14:09,540 --> 01:14:13,340

It was at a time where I was like really falling apart.

1146

01:14:13,340 --> 01:14:21,140

And then I was running for 16 to 18 hours a day and then having to drive the tour bus,

1147

01:14:21,340 --> 01:14:23,540

break it down, set it up, whatever.

1148

01:14:23,740 --> 01:14:25,340

I was like getting two hours of sleep.

1149

01:14:25,540 --> 01:14:29,340

I was like the last thing I want to do is sit there and draw up compounds and then

1150

01:14:29,540 --> 01:14:30,740

stick myself.

1151

01:14:30,940 --> 01:14:36,340

So the compounds that since I've gotten back on track with my consistency,

1152

01:14:36,540 --> 01:14:38,940

done my blood work.

1153

01:14:38,940 --> 01:14:46,540

Tessa Morland has helped me a lot and get better sleep,

1154

01:14:47,140 --> 01:14:50,540

better recovery by getting better sleep.

1155

01:14:50,740 --> 01:14:54,540

The testosterone has made me feel a lot better.

1156

01:14:54,740 --> 01:15:01,540

And then I also use Oxandrolone and then IGF-1, LR-3 and BPC-157.

1157

01:15:01,740 --> 01:15:08,340

And that combination together helps me with like my recovery.

1158

01:15:08,340 --> 01:15:12,140

It helps me recover faster, sleep better.

1159

01:15:12,340 --> 01:15:16,940

And my mental health has like drastically, drastically improved.

1160

01:15:17,140 --> 01:15:18,140

I put on some more weight.

1161

01:15:18,340 --> 01:15:22,740

I've gotten leaner and it's helped a lot.

1162

01:15:22,940 --> 01:15:26,940

And I'm reducing the alcohol out of my system and stuff like that has also helped

1163

01:15:27,140 --> 01:15:30,340

get a lot leaner. Like I wasn't obese or anything like that.

1164

01:15:30,540 --> 01:15:36,140

But these compounds have completely changed the way that I feel.

1165

01:15:36,140 --> 01:15:40,340

So this is what's so important in this whole conversation.

1166

01:15:40,540 --> 01:15:44,540

Let's say mental health, the health conversation is, you've got exercise,

1167

01:15:44,740 --> 01:15:46,140

you've got nutrition, you've got sleep.

1168

01:15:46,340 --> 01:15:52,540

But if you are a firefighter that's worked 15, 20 years, 56 hours a week,

1169

01:15:52,740 --> 01:15:55,940

getting absolutely murdered for 24 hours straight,

1170

01:15:56,140 --> 01:15:58,340

your hormones are going to be depleted.

1171

01:15:58,540 --> 01:16:03,740

If you are a combat veteran or a SWAT operative that is exposed to multiple

1172

01:16:03,740 --> 01:16:07,140

blasts and you have TBIs or micro concussions,

1173

01:16:07,340 --> 01:16:09,940

there may be an element that your testosterone is lower.

1174

01:16:10,140 --> 01:16:14,940

And this is what I love about Transcend is if you just need a little boost,

1175

01:16:15,140 --> 01:16:16,940

they have gentle supplements for that.

1176

01:16:17,140 --> 01:16:20,540

If you need full on TRT, then they have the ability to do that.

1177

01:16:20,740 --> 01:16:22,940

But they have such a spectrum.

1178

01:16:23,140 --> 01:16:23,940

And I was very lucky.

1179

01:16:24,140 --> 01:16:27,740

Like naturally, I'm about to turn 50 and my blood work was actually pretty good.

1180

01:16:27,940 --> 01:16:31,140

So I just took a little boost from some peptides.

1181

01:16:31,140 --> 01:16:34,540

That was it to help my body make its own because 14 years on shift.

1182

01:16:34,740 --> 01:16:36,740

I know that's a deficit.

1183

01:16:36,940 --> 01:16:40,540

But if you're not putting your physiology straight,

1184

01:16:40,740 --> 01:16:44,740

that can help you know, that can then cause you to sleep worse.

1185

01:16:44,940 --> 01:16:47,540

As you said, lean into alcohol and some of these other areas.

1186

01:16:47,740 --> 01:16:49,740

So this is another piece of the puzzle.

1187

01:16:49,940 --> 01:16:54,540

I think this is really exciting that there are these these tools that you can add

1188

01:16:54,740 --> 01:16:58,340

into other things that you're already doing well to get your physiology back to

1189

01:16:58,340 --> 01:17:03,340

the way it is, which then in turn will then help you, as you said, exercise more,

1190

01:17:03,540 --> 01:17:05,740

sleep better, love harder.

1191

01:17:05,940 --> 01:17:09,940

I mean, all the things that are nurturing for a human being.

1192

01:17:10,140 --> 01:17:12,940

And also,

1193

01:17:13,140 --> 01:17:18,740

even to go outside of the service work industry,

1194

01:17:18,940 --> 01:17:25,340

service work industry, service work friggin with addiction.

1195

01:17:25,340 --> 01:17:31,540

And I spent 13 years staying up night as a multiple days.

1196

01:17:31,740 --> 01:17:35,540

I mean, there was times where I stayed up like 11 days.

1197

01:17:35,740 --> 01:17:37,740

And

1198

01:17:37,940 --> 01:17:40,540

that puts extreme tax on your body.

1199

01:17:40,740 --> 01:17:44,940

So even people with addiction, there's peptides to help

1200

01:17:45,140 --> 01:17:48,940

combat addiction as well or help trying

1201

01:17:49,140 --> 01:17:50,940

break some of those chains with that as well.

1202

01:17:50,940 --> 01:17:55,940

So it's a wide variety of things to look into research.

1203

01:17:56,140 --> 01:18:03,140

Do you research always the research, but great company to work with by any means.

1204

01:18:03,340 --> 01:18:08,540

There's so many people that I have that reach out to me

1205

01:18:08,740 --> 01:18:14,140

and they'll go and get blood work done with a primary care provider.

1206

01:18:14,340 --> 01:18:17,340

And I'm like, they'll say that they're in range.

1207

01:18:17,540 --> 01:18:19,940

And I'm like, what's in range?

1208

01:18:19,940 --> 01:18:22,940

And they'll tell me that they like

1209

01:18:23,140 --> 01:18:24,940

300 or 400.

1210

01:18:25,140 --> 01:18:27,540

And I'm like, you're not in range.

1211

01:18:27,740 --> 01:18:33,140

You're like in the what's acceptable, but you're not optimal.

1212

01:18:33,340 --> 01:18:35,740

And that's the thing is that if you're

1213

01:18:35,940 --> 01:18:40,940

with a provider and your levels, you test the oxygen levels or in that,

1214

01:18:41,140 --> 01:18:43,540

if they're less than 800,

1215

01:18:43,740 --> 01:18:46,140

you need to be seeking somebody that's going to put you above that.

1216

01:18:46,140 --> 01:18:50,340

You know, like that's my that's my perspective on it.

1217

01:18:50,540 --> 01:18:53,220

I'm saying, like, you know, optimal is somewhere.

1218

01:18:53,420 --> 01:18:55,540

And if you feel great, then great.

1219

01:18:55,740 --> 01:18:57,140

But like.

1220

01:18:57,420 --> 01:19:01,540

If you're struggling with weight loss and you're, you know, you're tired and,

1221

01:19:01,740 --> 01:19:03,540

you know, things,

1222

01:19:04,100 --> 01:19:06,540

your sex drive is down or whatever,

1223

01:19:06,740 --> 01:19:09,100

and you can't figure out why.

1224

01:19:09,300 --> 01:19:11,140

And those are where your levels are at.

1225

01:19:11,340 --> 01:19:14,580

I look into that, raise that, raise that up, you know.

1226

01:19:14,580 --> 01:19:21,300

Well, that spectrum from I think, what is it, 250 or 150 up to 9, 950 that the

1227

01:19:21,500 --> 01:19:26,220

doctors had, I had Kirk Posse, a Navy SEAL term physician on the show.

1228

01:19:26,420 --> 01:19:30,540

And he explained that that range was created in a town near one of the Ivy

1229

01:19:30,740 --> 01:19:36,700

League schools and the nine nine fifty is the high school football player.

1230

01:19:36,900 --> 01:19:41,740

And one fifty or whatever is is the sedentary old man, 80 year old.

1231

01:19:41,740 --> 01:19:51,260

So when you tell a 28, 30 year old firefighter or EOD specialist that 400 is fine,

1232

01:19:51,460 --> 01:19:56,660

it's not because you're arguably probably pretty physical in that profession already.

1233

01:19:56,660 --> 01:20:00,460

And you should, as you said, be in the upper range of that doesn't need to be

1234

01:20:00,660 --> 01:20:03,740

in the thousands, maybe for you, but certainly at 30 years old,

1235

01:20:03,740 --> 01:20:05,780

you don't need to be 400 or 300.

1236

01:20:05,980 --> 01:20:08,500

So I think understanding that the origin

1237

01:20:08,500 --> 01:20:13,180

of that scale helps reframe people and get a more,

1238

01:20:13,380 --> 01:20:20,020

you know, well trained perspective of where where people comparable to them would be.

1239

01:20:20,020 --> 01:20:21,020

Everyone is different.

1240

01:20:21,220 --> 01:20:23,940

But if you're a 30 year old tactical athlete,

1241

01:20:24,140 --> 01:20:28,100

chances are, as you said, you need to be in the 800s, not the 300s.

1242

01:20:28,300 --> 01:20:29,300

That's correct.

1243

01:20:29,500 --> 01:20:30,740

Especially if you want to perform.

1244

01:20:30,940 --> 01:20:32,420

Yeah, absolutely.

1245

01:20:32,620 --> 01:20:33,780

I agree with that.

1246

01:20:33,980 --> 01:20:36,660

Brilliant. Well, Jeff, I want to say thank you so much.

1247

01:20:36,660 --> 01:20:38,100

It's been an incredible conversation.

1248

01:20:38,100 --> 01:20:44,940

For people listening, where are the best places to follow you or reach out to you online?

1249

01:20:45,140 --> 01:20:47,860

So Instagram

1250

01:20:48,060 --> 01:20:54,820

at Jeff Spire, that's GEOFF SP EY RER.

1251

01:20:55,020 --> 01:20:57,060

I respond to everything on Instagram.

1252

01:20:57,260 --> 01:21:01,660

I do mental toughness coaching with expansion consultants.

1253

01:21:01,860 --> 01:21:05,500

We have our first event coming up April 11th through 13th.

1254

01:21:05,500 --> 01:21:12,660

You can go to expansion that's expansion with an X P A N S I O N dot com.

1255

01:21:12,860 --> 01:21:16,260

And I'm one of the mental toughness coaches with that.

1256

01:21:16,460 --> 01:21:22,700

And that's for like elite level or going to an elite level in business

1257

01:21:22,900 --> 01:21:27,300

and growth mindset, relationships and stuff like that.

1258

01:21:28,260 --> 01:21:30,380

And then on Facebook,

1259

01:21:30,380 --> 01:21:35,580

my name is exactly the same as it is on on the Instagram.

1260

01:21:35,780 --> 01:21:36,780

It's just Jeff Spire.

1261

01:21:36,980 --> 01:21:41,540

And then also on YouTube, I'm on YouTube as well.

1262

01:21:41,540 --> 01:21:44,060

I'm going to be working on putting some more content out with that.

1263

01:21:44,260 --> 01:21:47,060

I just recently got my little podcast studio set back up.

1264

01:21:47,260 --> 01:21:49,580

So I'm going to be putting out more content on there.

1265

01:21:49,580 --> 01:21:51,620

So you can follow me there to subscribe to that.

1266

01:21:51,820 --> 01:21:52,820

Check it out.

1267

01:21:53,740 --> 01:21:55,700

Beautiful. Well, I want to thank you so much.

1268

01:21:55,700 --> 01:21:57,180

It's been an incredible conversation.

1269

01:21:57,380 --> 01:21:58,980

We've gone all over the place.

1270

01:21:58,980 --> 01:22:04,700

And the newness of the struggle, I think, is powerful as well.

1271

01:22:04,700 --> 01:22:06,380

It's not like, yeah, 20 years ago,

1272

01:22:06,580 --> 01:22:10,900

I got sober and I've been ultra marathying ever since, which a lot of people have.

1273

01:22:11,100 --> 01:22:12,140

And kudos to them.

1274

01:22:12,340 --> 01:22:15,180

But the fact that this roller coaster ride

1275

01:22:15,380 --> 01:22:18,980

that you've been on took you up to arguably three months ago,

1276

01:22:19,180 --> 01:22:20,940

I think it's a really powerful perspective.

1277

01:22:20,940 --> 01:22:23,700

But hearing all the tools that you talked about that worked,

1278

01:22:23,900 --> 01:22:27,620

all the things that led to the self sabotage that every single one of us

1279

01:22:27,620 --> 01:22:30,020

suffers from in some way, shape or form.

1280

01:22:30,220 --> 01:22:32,780

It was a very, very important conversation.

1281

01:22:32,780 --> 01:22:34,340

So I want to thank you so much for being

1282

01:22:34,340 --> 01:22:37,420

so generous with your time and coming on the podcast today.

1283

01:22:37,620 --> 01:22:38,300

Thank you, brother.

1284

01:22:38,500 --> 01:22:41,700

People forget that life is not a steady.

1285

01:22:41,900 --> 01:22:46,300

Climb, you know, it's the hills, the valleys, the lows, the ups, the downs.

1286

01:22:46,500 --> 01:22:52,620

And that's my goal is like in totality is to be useful and of service and to show

1287

01:22:52,620 --> 01:22:56,060

people it doesn't matter where you're at, it doesn't matter what part of your journey

1288

01:22:56,060 --> 01:22:57,540

you're in.

1289

01:22:58,620 --> 01:23:03,660

There's hope and it all starts with taking that first step.

1290

01:23:03,860 --> 01:23:08,460

It's hard to take the first step, and it's also hard to stay stuck.

1291

01:23:08,460 --> 01:23:27,460

Choose your heart.