

*10 Secrets to Being Stronger, Smarter, and  
More Skillful at Handling Life's Adversities*

# **Having A Survivor Instinct**

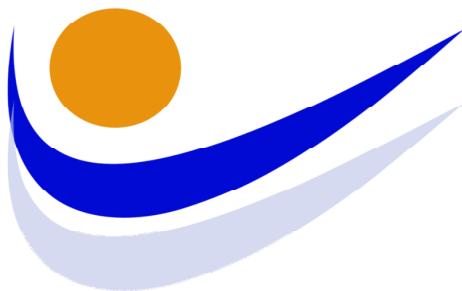


**Donna Allen**

# **Having a Survivor Instinct:**

## **10 Secrets to Being Stronger, Smarter, and More Skillful at Handling Life's Adversities**

**By Donna Allen**



**Survivor Instinct Unlimited, LLC**

Self-Empowerment Learning Tools For Trauma Survivors

**Having a Survivor Instinct  
10 Secrets to Being  
Stronger, Smarter, and  
More Skillful at Handling  
Life's Adversities**

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## **You Are A Survivor**

If you've ever had Cancer, Tuberculosis, Polio, or any other debilitating disease, you are a survivor.

If you've had a head injury, major bodily injuries, or have experienced major trauma, you are a survivor.

If you've been raped, abused (sexual abuse, physical abuse, verbal abuse, psychological abuse, ritualistic abuse), or you've been a victim of incest, you are a survivor.

If you've experienced war, job loss, bankruptcy, divorce, or any life disrupting event, you are a survivor.

If you've had an alcohol addiction, drug addiction, food addiction, sex addiction, gambling addiction, shopping addiction, co- dependency, or any other kind of addiction, you are a survivor.

If you've ever experienced loss or hardship in your life, you are a survivor.

If you've put up with something trying or difficult, you are a survivor.

If you have endured or suffered physical pain and/or emotional pain, you are a survivor.

Millions of people are suffering silently and are living a life of quiet desperation. Many of these people are searching for an answer to heal the wounded human spirit.

I am a survivor of an airplane crash, sexual abuse, and child abuse. I have gone

through the gauntlet of trials and tribulations and, through my experiences, I have learned how to survive and thrive.

If you want to learn how to be stronger, smarter, and more skillful at handling life's adversities; if you want to have that edge that will help you to get through some of life's challenges; if you want to learn how to survive *life*, then this e-book is for you.

## **Chapter 1 The Nature of a Survivor**

A true survivor can be as stern as a drill sergeant where he is unwilling to submit to control. He is one who demands that you exert your powers of mind or body especially with painful strenuous effort. But that survivor also shows patience. He may push you to the stress point, but he will reveal much patience with great endurance. But if you make or cause an error to occur, he is known to laugh at your struggle and then tell you, in a gruff way, that you wouldn't survive in a real life situation. Then that true warrior would simply walk away from you.

Some survivors are also guilty of mischievousness, characterized by playfulness and antics. In a way, their misbehavior is their way of coping with or taking control of a trying situation. They are non-conformists. Survivors have a keen sense awareness of the goings-on around them. While they are in the survival mode, their senses are sharp, they calmly study their surroundings, with a quick glance, and are ready to respond to unexpected noises without hesitation. They move with smooth calm confidence.

They trust their own instincts and they have complete assurance. They are free from doubt of their own ability and strength.

They don't have to act tough to display strength because they have strong self-confidence and they know their own abilities. They don't feel that proving anything to anyone is a requirement, on their part, because they already have a grasp as to what they should do.

Natural survivors are those who do not conform to an established belief or mode of behavior. They make their own rules to follow, thereby, giving them the freedom to strategize their next move in their survival.

## **Chapter 2 The Definition of a Survivor**

In a survival situation, some people are able to sustain composure under pressure. They can easily handle stressful situations. They gain mastery over challenging things by getting the better of obstacles and difficulties. These brave people are *the best of the survivors*. They are *the best of the survivors* because they have previously survived a major crisis. They conquered this major crisis with their own effort.

*The best of the survivors* come out of the crisis with new strengths and abilities. This gives them a newly positive sense of themselves which helps them to be more open to new ideas. They are able to find a treasure trove of value in their crisis.

Some of these survivors become very happy after coming out of a horrible situation. Many have expressed it as an awakening and a turning point of new possibilities for themselves. When they see new strength within themselves, they start feeling a higher level of efficiency and ability. They feel that if they can come out of a horrible situation, as they have done, there's nothing they can't do. Survivors appear to be the same or nearly the same, in appearance and mannerism, as others around them. But *the best of the survivors* have uniqueness about them. They are the ones who stand up well in critical moments where others may fall apart and not be able to bring their own emotions under control.

Some people are natural born survivors. They just move right into the *survivor mode position* while relying on their instincts to guide them. Other people have to learn how to be a survivor with conscious effort. Unfortunately, there are many people who will never learn how to develop survivor qualities.

*The best of the Survivors* walk among and blend into the fabric of society. They

can not be detected nor revealed until they spring into action at a time of urgency.

## **Chapter 3 Gaining Strength From Adversity**

### **Experience of Adversity**

When a person experiences tragedy or their world is turned upside down, he or she might feel like a victim. This person might place blame on other people for their predicament. Some people shut down emotionally. They may feel overwhelmed and defenseless. Some people might get angry. They might lash out and abuse someone with words just to cause injury to anyone they can.

### **Coping with Adversity**

There are a few people who are able to reach within their own soles to find different ways to cope with their adversity. Because they are *the best of the survivors*, they create their own successful path to emotional healing. They achieve this by forming, reshaping, combining or altering their old way of thinking about themselves and the world around them. By taking these vital life changing actions, they reinvent themselves. They meet the world in a new fresh way as they leave their old limiting emotional baggage behind. Once they shed those annoying pounds of mediocrity, they are able to move in a periodic process of growth and renewal.

### **Lessons Learned Through Tragedy**

These amazing survivors' experiences with adversity can possibly be the most valuable experiences of their lives because these experiences of tragedy have an emotional response to them. These personal responses can reveal a lot of important life lessons to these survivors. The survivor's thinking is thrust and redirected so as to stir up, urge on, and attract their attention to their own direction and purpose in life. They are able to regain their emotional balance swiftly and they are able to adapt and cope well to life's challenges. Because these survivors have freed themselves from their own emotional shackles, they can gain personal strength and thrive in life. They are able to turn their tragedy into gifts of new insight and capableness. Perhaps this challenge gives them the

opportunity to find out what they're really made of.

### *Your True Calling*

As these survivors go on a new life path, they are free to find some real meaning to what has happened to them in conjunction with finding their true calling in life. Maybe they can discover a message and an inner significance that signals an answer to their real life purpose.

### *Reinventing Yourself*

*The best of the survivors* create their own successful path to emotional healing by forming, reshaping, combining, or altering their old way of thinking about themselves and the world around them and they, therefore, reinvent themselves. They meet the world in a new fresh way as they leave their old limiting emotional baggage behind.

## **Chapter 4 Finding Your Own Personal Power**

### **The need for a stronger inner identity**

When a person is trying to cope with the affects of job loss, he or she needs to have strength within him or herself. This inner strength will best come from a healthy, positive, inner self-identity. That person is able to shake off the fact that he or she almost got the job and is able to go to the next interview with a strong positive belief in him or herself. He or she is able to push passed this obstacle with a positive self image, strong self-confidence, and healthy self-esteem.

A person can survive the emotional collision of a divorce best when he or she has a strong sense of inner identity. There are people who have depended on their spouses to counterbalance their own inadequacies in their self-esteem or self image. This has probably put the couple on a course toward ending the marriage by legal action.

### **The healing Process**

The people who have the hardest time getting themselves to a place where they are free from mental or emotional distress, are those women and men who have been betrayed with physical rape by an acquaintance. Those survivors (not victims) need to enter into a support group setting, where they receive encouragement from other group members. In such a group, they will be able to reach a place where they can build a firm foundation in which to build strong intentional feelings of positive self-regard, rebuild self-concept, and build self-confidence. They go through a process of healing.

### **The Need for an Internal Buffer**

The people who have sustained head injuries and/or bodily disfigurements require strong inner identities to shield themselves from the many negative stares they receive from other people who are insensitive to the feelings of others. This also applies to people who are the minority and who find themselves differing

from others. These people need to have an internal buffer between their self-identity, their self-esteem, and their self-confidence and the negativity they receive. This will lesson the shock of other people's openly and/or actively unfriendliness.

## **Chapter 5 Reach Within You: The Survivor's Edge**

People who are emotionally weak can not stand up to a distressful situation. These people's ambitions are drained, their strengths and energies are depleted and they will, therefore, fail in response to physical stress. But the people who are already sufficiently strong emotionally and who are faced with that same stressful adversity, their experience of mishap and tragedy just strengthens them more. They get physical and emotional control over the situation and they rise above their challenges.

The difference between the people who are able to gain strength and those who get weaker in the same circumstances are their actions and reactions to the adversity. When *The Best of the Survivors* get knocked off their path by disruptive change, they are able to go through a process of renewal. They regain reality, they recover to a stable condition, and they thrive by learning to be better and stronger. They have total focus on their personal mission. The emotionally weak survivor just flops over and falls apart.

When people experience adversity, they go through a succession of reactions to their adversity to, either, get to their ultimate position of thriving or their unfortunate state of being a victim.

When some people are hit with adversity, they react to their circumstances by lashing out and verbally attacking other people. They blame others for disrupting their lives. Some people feel overwhelmed. They collapse, they withdraw, and they go numb. They become victims and they feel that their lives are shattered beyond repair. Some of those, who are hit with disaster, eventually cope with their situation but they never recover fully. *The Best of the Survivors* get upset about their lives being turned upside down but they do expect their lives to turn out well. They anticipate only the best to happen and they minimize all other possibilities. They have all types of questions about where they are right now, in their personal lives, and where they will be in their future. They have questions

about what is happening to them, what is their new reality, and what they can do to succeed in this new reality. Through their self-examination, they discover that their unfortunate situation, that they endured, might well turn out to be the best thing that has ever happened to them.

After their questions about why this happened to them, *The Best of the Survivors* reassess their lives and they go on a quest to find out what they are really made of. They take stock of the coping skills they used in the past; the coping skills they successfully used before their more recent life altering and challenging adversity. This helps them when they have situations where they endure great hardship that they find to be difficult to cope with, get through, or circumvent.

*The Best of the Survivors* discover new ways of changing their own belief systems and their self-talk. They better themselves by improving their self-esteem, their self-image, and their own self-concept. They do this through their own intense research, study, and practice toward becoming a better person. They realize that they survived their trials and tribulations, perhaps, because they are being tested (as suffering) to see what they are really made of. And through their new knowledge about themselves, they then challenge themselves to reach their ultimate goal of becoming the person they've always wanted to be. They, therefore, reinvent themselves.

*The Best of the Survivors* have a mental makeup that makes them very unique. They tend to have curiosity about the world around them. They have a desire to investigate and learn something from life's circumstances. These survivors see life in a new way. They become playful with lightheartedness in their manner. They have a tendency to have empathy for other people. They have a feeling or a capacity for sharing in the interests and wellbeing of others. They are committed to insuring that each one of their own personal concerns, affairs, events, and circumstances are functioning in a proper and expected manner. They feel that it is their responsibility to ensure that their lives work out well.

Therefore, they work at gaining the skills that will help them to influence events where they will experience that good outcome. Living this kind of life style has made it very ideal for these unique people when they are managing and controlling survival situations. Their own positive *self-talk* is emotionally stabilizing for them. When *The Best of the Survivors* ask questions about their traumatic situation, they draw comparisons and they formulate vital information and answers. Their emotional stress, pressure, and strain are eased when they engage in playfulness. This gives them a mental view of things in their true relative importance. Their playfulness leads them to a direction of progress.

#### Pure and complete focus: The survivor's edge

For the most part, people who feel that they will survive an unfavorable situation, have a better chance of actually succeeding. The exception to that general rule is that some people survive even though they do not expect that they will.

People who have a better chance of surviving are the people who are, without exception, very focused. They use all of the powers of their mind and body toward that goal. Even though they may be totally committed to surviving their adversity, they may not believe that they will survive. *The best of the survivors* use every part of their brain function whether they are operating a home based business or are springing to action to a dangerous situation. These special survivors respond to emergencies and critical moments in the same usual behavioral pattern that they use in their daily lives.

## **Chapter 6: Turn Your Adversity Into Good Luck**

A certain number of people, who have been hit by adversity, have a greater advantage and are more effective in their survival efforts than other survivors. These superior survivors are emotionally strong. They show good judgment and they possess a high level of efficiency and ability. They are mentally keen, alert, and clever and they show great skill, resourcefulness, and ingenuity. They possess proficiency because they are more well-grounded and they have a firm foundation in logic. Because of their ability of being forward moving on their course of action and development, they stand above others who face misfortune, mishap, or tragedy in their lives.

Some people see their adversity as a fate of irreversible doom. This could cause a downward course to occur in their lives that could predestine them to having feelings of powerlessness, unworthiness, and failure. *The Best of the Survivors* are unquestionably the best at being able to cope well during their struggle to overcome their problems and difficulties. They are able to turn over, in their minds, the potential of a negative outcome of their adversity into realities of good luck for themselves. They suddenly have a realization and a positive perception of what has taken place, developed, or come about. They analyze what happened to them and why it happened. They realize that everything happens for a reason and, perhaps, not every mishap or misfortune is an accident. They begin to see new *meaning* to their lives, find new *purpose* for their existence, develop intellectual *depth & insight* as to the meaning of life itself, and they begin to have a *passion* for life. They see new opportunities that didn't exist before their devastating adversity. They feel very lucky that they have a second chance at life where they can grow, learn, contribute to society, and be able to touch someone and make a difference in that one person's life.

There is no mystery as to how *The Best Of The Survivors* are able to cope well with their adversity. They perceive, by means of their awareness, intelligence, and judgment, that something is wrong. They react to their newly unfavorable

circumstances with a lot of questions. They use these questions as a means to taking the preliminary steps toward creating a desired result. With the challenges that come with their adversity, they are able to integrate the life they've grown accustomed to with the aftereffects of the devastation they've suffered. This quickly creates a new positive reality for them. While they keep their self-confidence in a stable position, they go on a quest. They devise a course of action toward assuring the success of everyone who is affected by and concerned with their hardship. And at the same time, they transform their adversity into a radically different form of good luck. A valid indication that a person actually possesses a *survivor instinct* is by the way in which they talk about the most painful experience in their lives. They speak of their tragedy as a blessing in disguise. They talk about how this unfortunate event has turned out to be the best thing that has ever happened to them.

## **Chapter 7 Resiliency: Adapting to Life's Challenges**

### Learn to be resilient

When people experience job loss, they respond to it in various ways. You'll find that *The Best of the Survivors* are resilient and they seem to have an easier time overcoming their problems and difficulties. They experience a speedy recovery. They acquaint themselves with their new condition and they begin dealing with it to start the process of getting on with their lives. Some people have a difficult time dealing with the loss of their jobs. They feel stripped and reduced to helplessness. They feel an overwhelming emotional uneasiness and they feel emotionally numb. Then there are those who suffer with the bad news as if they were wounded animals, feeling victimized. They criticize, condemn, and denounce their superiors for the loss of their jobs.

As you were growing and learning in your life, you may have had to figure out your own method of being resilient without having any guidelines to follow. A good place to develop skills of resiliency and personal power is in a workplace environment. The strengths and resiliency skills that you develop in that kind of work environment can be put to practical use in the many different challenges you will face in your life.

Each one of us possesses a built-in ability to become resilient. We all can acquire special skills in or knowledge and mastery of something that is challenging.

A few people innately possess resiliency abilities. In the same way that a natural born athlete embodies a muscular physique since birth, resilient people can make use of and develop their talent if they choose to. These natural born resilient people have the ability to sustain themselves under extreme pressure. Even though they can mentally switch over to a radically different condition that might occur in front of them, they are able to adapt to it quickly. If they

experience any setbacks in their progress, they can quickly recover and regain their normal mental health, poise, or status. *The Best Of The Survivors* can find ways to convert a bad situation into something that can show them a purpose and a meaning to their adversity and to their existence. They learn that all of their experiences in life have a *teacher* behind each one of them. They realize that life *is* their teacher and their experiences are their life lessons learned.

A great number of things that occur in your life, you do have control over if you choose to. No matter what age and stage of life you've reached, you can learn new abilities.

In order to build strength of resiliency, you may need to conquer and break free from the psychological shackling barriers that may be putting you at a disadvantage in life. These confining boundary markers consist of perhaps:

- being trained, at a young age, to be a good little girl or a good little boy;
- being excessively trained to follow and conform to a belief that an external force controls your life.

You can learn how to reverse your old internal programming, gain knowledge of how to change it into something of strength, and move to a new state of resiliency.

## **Chapter 8: Healing**

Can you detect who will recover after a major harmful or disastrous situation and who will not? The difference depends on the way these survivor's react to their life adversities. Some people recover from crisis conditions even though doctor's have firm convictions that these people will deteriorate. What are these special survivors doing that cause them to overcome their difficulties while others, in the same situation, suffer?

Although doctors are predicting that these people will succumb to their conditions, *The Best Of The Survivors* are determined to look for guidelines to help them with developing their own strategy for survival. They dismiss their doctor's prediction of the worst possible outcome by talking to other people who have survived their own harrowing situation. They study other survivor's stories to get an understanding of how these people felt about their condition, what they thought about, and what they chose to do.

These strong survivors are determined to find out what it takes for a person to regain their health after a serious illness or injury. One person's way of becoming a successful survivor may be different from every other survivor. There is no cookie cutter pattern of successful survival *know-how* that can be passed from one person to another. One person's survival strategy may not necessarily work for your needs.

When survivors recover from serious illnesses or injuries, many of them make huge changes in their lives. They sometimes end an unhappy marriage or close a small business in order to relinquish the things that are no longer acceptable or useful to them.

### **A Wake-Up Call**

Some survivors realize that they need to relinquish their old habits and create

healthy patterns of behavior. They change their dietary intake of foods to things that may be healthier for them. They stop smoking cigarettes and they stop drinking alcohol. They change their belief systems and they focus their attentions toward their own inner being. As they begin moving toward their true destiny, they start gaining intellectual depth. They then are able to surrender to a higher power or, what some people might describe it as, "*Giving it to God*"

A majority of patients who improve in their health rather than die of their extreme medical conditions respond to their illnesses or injuries as a "*Wake-Up Call*". These special survivors make significantly big changes in the way they live, talk, think, feel, eat, and in the way that they spend their *newly realized valuable time*. They make this big shift of awareness after they've had the experience of almost losing their lives. The sudden experience of awareness, that they feel, makes them understand how much they were so close to *the death of new possibilities* for themselves. It may have been a brutal awakening for them. A number of survivors of trauma turn inward, toward their inner being, and they think long and hard about what life really means to them. They start to draw energy from this newly found intellectual depth within them. They are able to turn their attentions toward their inner being in a spiritual and/or philosophical way. These are *The Best Of The Survivors*. They are able to view the world around them, that's full of life and action, in its true relationship and relative importance.

## **Chapter 9: Transforming To *The New You***

### **Mother Nature Versus Human Nature**

A torturous experience of survival can oftentimes transform people intellectually. They seem to suddenly gain a deeper knowledge and a clearer perception of truth. Perhaps their harrowing experience of survival had stretched their minds beyond their rational limits. And in that process, they gained new insight. Their actions, from that moment on, seem to be more purposeful with wisdom and maturity.

When we are boldly confronted by Mother Nature, human nature provides us with a broad realm of possible aftereffects. Survivors frequently tell others that they feel transformed after their traumatic survival. *The Best Of The Survivors* always deny responsibility for any act of heroism or bravery on their part. Even though their experience of survival was heroic, they usually go back to their everyday lives feeling wiser, more self-confident, and feeling more of a spiritual connection.

A number of survivors exercise their own power of inner vision. They may begin to gain unusual wisdom in foreseeing what will happen. After their own turning point experience of new awareness, these people start to gain intellectual depth. Some super survivors may want to know more about the human race and where it's heading in relation to the question: "*Why am I here?*" You might find these survivors studying many different signs, evidence, and behavioral patterns of the human species by observing its evolution history. After these survivors look at their own level of development, relative to the general development of society, you could find them starting to visualize future occurrences. *The Best of The Survivors* may even be able to sense the transformation of the human race to its next degree of development.

## Your transformation to *The New You*

Some survivors withdraw emotionally from other people. They negatively, dwell on their personal loss of their physical and/or financial position in life as a result of their traumatic adversity. They tend to grieve over the loss of their status or their personal possessions.

Then there are *The Best Of The Survivors* who offer themselves as volunteers for a worthy cause or a service. They start contributing to society. Their own traumatic experience forces them to find causes of need that are important to them and that could possibly bring about a positive effect on people. Because these amazing people survived traumatic adversity, their past experience of intense mental, emotional and physical distress drives those to want to help other people to survive their own personal challenges and to possibly escape this encounter altogether.

These amazing people, who display great courage, work very hard at their newly found mission in life. They want to develop something that will help humanity. They try to figure out ways of creating their message of determination that will last beyond their own life on earth and that will be able to last forever.

These brave survivors show no fear when faced with something dangerous, difficult or unknown. They create ways to help other survivors to be aware that they can endure their traumatic experience. They show these survivors that they can come through it feeling stronger, smarter, and more skillful at handling life's adversities. The brave journey traveled by these brilliant survivors, from intense trauma and tragedy to resilience, is a rough road that needs to be taken. They will have setbacks and difficulties along the way that are unique to each person. What is often unexpected, by new survivors, is that it is possible to recover from adversity and to transform into a life that is better than it was before.

## Chapter 10: Conclusion: Developing Your Own Survivor Instinct

There are no books, seminars, nor structured schooling that could teach you how to develop a *survivor instinct*, especially in your own customized version. Some people will blindly let a seminar leader or an unknown author mold them into the “perfect” *survivor instinct model*. The more these people attend workshops by these seminar gurus, the less likely that they will develop their own survivor instinct skills where they are surviving and thriving.

You are the only person who can discover the extraordinary connection that you have between your strengths and capabilities. No one can do that for you.

Being aware of your uniqueness can help you with the challenges you will face in the future. Your success is determined by your ability to understand and accept your new reality. You can accomplish things that are out of the ordinary when you are able to resolve your challenges.

To improve your readiness for managing changes that happen, unforeseen challenges that you may face, and crises situations that are disruptive, you need to create a plan of action. You need to create a plan that you can manage yourself.

Here are some of the steps that you can include in your action plan:

- **Raise Your Flexibility: Mental and Emotional**

Remind yourself that thinking and feeling in both one way and the opposite way is perfectly fine. Release the inner voices, you still carry from your past that tells you “You shouldn’t think or feel a certain way”. Make more response choices usable for yourself.

- **Gain Knowledge From All Experiences**

When you learn from your experiences, it causes you to become more

capable and more effective in your daily pursuits. Remember: Learning is the remedy to counteract the effects of feeling like a victim. When difficult people enter your life, regard them as your “*Life*” Teachers. Rather than making an attempt at changing the behavior of these difficult people, ask yourself,

- “*Why do I feel so vulnerable?*”
- “*What makes me not have the ability to see around corners?*”
- “*How can I control my own behavior with such people?*”

- **When you encounter adversity in your life, follow the sequence of surviving and thriving**
  - Get back your emotional balance
  - Adjust to and overcome your immediate situation
  - Succeed by acquiring knowledge and making things turn out well
  - Discover your new special capableness, genius, and talent.

The more you improve, the quicker you will be able to turn your tragedy, misfortune, or mishap into good luck and success.

The hidden strengths within you can be revealed through your own experience of adversity. The unveiling of these hidden strengths can be quite nourishing for you. The emotionally toxic experience of difficulty, which you go through, can almost break your spirit. But through your healing process, it can also turn out to be the best thing that has ever happened to you.

The thing that *takes you down* in life can be the one thing that *keeps you alive*. Have a reason to live even if it might kill you. You can be saved by your *Calling* in life (*your strong inner impulse toward your destiny*).

## **About the author**

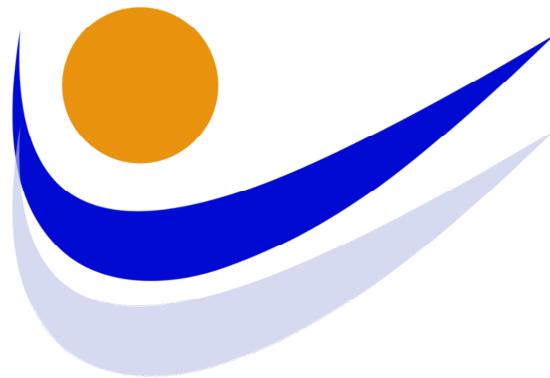
As a survivor of childhood abuse, Donna Allen was barely hanging on to life with the effects of post traumatic stress dominating her life. Then a miracle happened. She was nearly killed in a single engine airplane crash in which the other two on board were killed. Donna found herself lingering in terror in the midst of a careening Rockwell Areo Commander aircraft rapidly falling toward the earth. Her boyfriend died in the crash. She was told that she would never walk again. Yet coming out of the darkness of hopelessness and moving into the light of honesty, happiness, and personal success, she was able to turn her disaster into a gift. Instead of reacting like a victim, she converted the disaster into one of the best things that has ever happened to her and she moved beyond her fear and overcame the resistance in her life. Donna has written her story of life and tragedy to show why this was a miraculous event for reclaiming her life. Donna's forthcoming autobiography is about the drama and breathlessness of the airplane crash, the trials and tribulations that led her to that tragic point, and it is about how she broke the psychological shackles that had prevented her from going after her dreams. It is a story of true grit. ...a romantic and spiritual journey. ...great soul, gut-wrenching stuff to hold onto.

Donna Allen has created *Survivor Instinct Unlimited, LLC*, an internet motivational coaching business, to help survivors of trauma and survivors of life's adversities take back their lives, develop a survivor instinct, and build personal power; creating self-empowerment at [www.SurvivorInstinct.com](http://www.SurvivorInstinct.com)

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