

The Undefeated Man: 10-Pillar Field Guide

Ten clear reflection tools and a 30-day rebuild plan.

1 Sovereignty Protocol	2 Process Over Content
3 End of Firefighting	4 Pivot Point Strategy
5 Family Origin	6 Be the Missing Piece
7 Self-Forgiveness	8 Outcome Independence
9 Going Solo	10 Vulnerability Loop

HOW TO USE THIS

Read one short section. Look at the example. Fill in your answer. Pick one next step. You do not need perfect words.

START HERE

How to use the pillars

The pillar names come from Chase Butala's Undefeated Man framework. These pages are simple reflection prompts, not the book manuscript or a complete coaching method.

DO THIS

- ☐ Read all ten pillar names.
- ☐ Circle the two that feel most familiar.
- ☐ Choose one internal pillar and one relationship pillar.
- ☐ Practice one action for 30 days.

EXAMPLE

Pattern	I keep solving emergencies but never change the sy
Pillar	The End of Firefighting
Action	Every Friday, prevent one repeat crisis.
Proof	Fewer urgent fixes after four weeks.

THE OPERATING PATTERN I AM READY TO CHANGE

Use plain words. What keeps repeating?

PILLAR 1

Sovereignty Protocol

Own your choices without pretending you control every outcome.

Where am I giving away authority through blame, avoidance, or approval-seeking?

One decision I will make from my values

PILLAR 2

Process Over Content

Look under the topic and find the repeating pattern.

What problem keeps changing names while the same process repeats?

The process I will interrupt

PILLAR 3

The End of Firefighting

Install a standard before the next emergency.

Which repeat crisis exists because I have no boundary, system, or recovery practice?

The standard I will install

PILLAR 4

The Pivot Point Strategy

Find the first small moment where the outcome changes direction.

What is the first signal that I am about to shut down, lash out, or overwork?

At that signal, I will

PILLAR 5

Emancipation from Family Origin

Respect your history without obeying every old rule.

Which family rule still controls emotion, conflict, success, or asking for help?

The adult rule I choose now

PILLAR 6

Be the Missing Piece

Build what you can instead of waiting for someone else to supply every condition.

What am I demanding from others that I need to practice or communicate?

The piece I can contribute

PILLAR 7

Radical Self-Forgiveness

Take responsibility without turning shame into a permanent identity.

What mistake am I using as proof that I cannot change?

The repair I can make

PILLAR 8

Outcome Independence

Keep the standard even when the response is not guaranteed.

Where am I refusing to act unless I can guarantee approval or success?

The action I will take because it is right

PILLAR 9

Going Solo

Build self-trust without using isolation as a badge of honor.

Where do I need self-trust, and where am I avoiding support?

One solo rep and one support rep

PILLAR 10

Vulnerability's Feedback Loop

Use honest words to get better information and connection.

What truth am I hiding behind competence, anger, or silence?

The honest sentence I will practice

BUILD

Your 30-day rebuild

Choose two pillars, not ten. One should change your internal operating system. One should change how you show up with other people.

WORKED EXAMPLE

Internal pillar	Outcome Independence
Rep	Make the direct request without trying to control the answer.
Relationship pillar	Vulnerability's Feedback Loop
Rep	Say what I feel before it turns into anger.
Proof	Two direct talks each week for 30 days.

INTERNAL PILLAR AND WEEKLY REP

Name the pillar and the action you will practice each week.

RELATIONSHIP PILLAR AND WEEKLY REP

Name the pillar and the action you will practice each week.

PROOF AFTER 30 DAYS

What will you be able to observe?

CHOOSE THE LANE

Therapy, coaching, medical care, or crisis support

The right lane depends on the problem, the goal, and the level of risk. Do not use coaching language to hide a need for health care.

LANE	WHEN IT MAY FIT	IMPORTANT
Licensed therapy	Symptoms, trauma, diagnosis, treatment, or major disruption in daily life.	Depends on licensure, fit, and clinical need.

Non-clinical coaching	Performance, accountability, decisions, and goals outside diagnosis and treatment.	Must be clearly separate. Insurance does not cover coaching.
Medical care	New physical symptoms, medication questions, sleep, substance use, or medical concerns.	Use a qualified health care provider.
Crisis support	Immediate safety concerns, suicidal thoughts, or severe distress.	Call or text 988. Call 911 in immediate danger.

THE LANE I SHOULD EXPLORE AND WHY

It is okay to be unsure. A qualified professional can help route you.

NEXT STEP

Pick the pillar that keeps following you

The best starting point is usually the pillar that appears at work, at home, and when you are alone. Bring that page to a direct conversation about the appropriate next step.

- ☐ Name the repeating pattern.
- ☐ Name the cost of leaving it unchanged.
- ☐ Choose one result you can observe in 30 days.

MAKE THE CONVERSATION USEFUL

Finish one page. Circle the pattern or goal that matters most. Request a consultation and bring the completed page so the first conversation starts with a clear pattern and goal.

Talk with Chase about the right next step

chasebutala.com

Serving Virginia, Maryland, West Virginia, and Pennsylvania. This guide does not diagnose a condition or reproduce Chase’s full manuscript or method.

Evidence used

- National Institute of Mental Health: Psychotherapies, Men and Mental Health, and Finding Help. - VA National Center for PTSD: grounding, paced breathing, active coping, and RESET resources. - CDC and OSHA: mental health, worker stress, healthy coping, and burnout education. - 988 Suicide and Crisis Lifeline: current crisis support guidance. - Wright and colleagues (2023): if-then planning as a practical behavior-change tool.

IF YOU NEED HELP NOW

Call or text 988. Veterans can call 988 and press 1. In immediate danger, call 911.