

N.Y.B.L. Podcast Ep 159 (From Trauma to Triumph with Chase Chewning) ROUGH Mix 1 V1

[00:00:00] **Rebecca Zung:** Welcome to another episode of Negotiate Your Best Life. I'm Rebecca Zung. I'm so excited today to welcome Chase tuning to this show. Wow. Is he so amazing. I mean, this guy has such a complicated but Inc. Incredible, incredible story for, I mean, really not that long on Hi this planet. I mean, you would think that he was like 75 years old, but he's not, he's still in his thirties, but wow has he lived an incredible life.

[00:00:35] He's a podcaster, uh, but he also is a health coach and does all kinds of other, uh, incredible things to help people. Really live their best lives and push people into the next transition of their lives. And I mean, his story is absolutely incredible. I, you know, I can read his bio, but you gotta hear his story.

[00:00:57] He's, he's a, an army [00:01:00] veteran. He has had to learn how to walk. Weiss, uh, he is from Virginia. The same area of the world that I'm from. He has a masters in health, physical education, science. He, uh, I, I mean, really, I think it's just better if we just dive in and you hear his story. He lives in here in LA and welcome.

[00:01:25] **Chase Chewning:** Chase, Rebecca, thank you so much for having me here. And it's always so interesting to me when I am on the other side of the microphone as a guest and hearing somebody describe my life and say all the things that I've, that I've done, the places that I've lived, and, uh, titles that I've had and letters after my name and all that stuff.

[00:01:44] It, it really does kind of make you stop and think, you know, like, damn, life is, life is so short. But yet I feel like it's been. already an eternity. Um, how can one person go through so much, you know, ?

[00:01:58] **Rebecca Zung:** Yeah. I mean, [00:02:00] I think that we need to dive into, . Yes. We grew up in the same area of the world. We're both from Virginia.

[00:02:09] I mean, you were mostly grew up in Roanoke, which I am familiar with cuz a lot of people went to school down there that I grew up with.

[00:02:16] **Chase Chewning:** Are most people familiar with Roanoke though ?
I,

[00:02:20] **Rebecca Zung:** well, a

[00:02:20] **Chase Chewning:** lot of people went to school down there. Virginia Tech down there. Uh, Roanoke College is a very small college and there's also, um, a, a fairly prominent, um, women's college called, uh, Hollands University, uh, that was pretty

[00:02:32] **Rebecca Zung:** popular.

[00:02:33] Okay. Yeah. In the region. I've heard of that. Yeah. Yeah, yeah. I mean, if you're from Virginia, you've heard of all the schools, but I'm, I mostly grew up in McLean, Virginia, which is not really the south. Um, you're from, oh,

[00:02:46] **Chase Chewning:** McLean. My Virginia's gonna have to come out and, and fight you on that. You know? I feel like McClain not so much.

[00:02:51] Definitely that's Nova, Northern Virginia talking all day. Any Virginia will always say, you know, Virginia was, uh, you know, definitely. Oh, Virginia, south, [00:03:00] south.

[00:03:00] **Rebecca Zung:** Yeah. Yeah. But not, not Northern Virginia, Northern Virginia.

[00:03:03] **Chase Chewning:** It is. Yeah. That DMV area. Definitely. It's a, it's a different world and living there for.

[00:03:10] four-ish years before coming to Ia. I can definitely attest radically different world than growing up way Southwest in the middle of nowhere on about 200 acres in Roanoke, Virginia. Um, but then even bouncing back and forth quite a bit with Richmond when my parents split up. So I kind of got a little bit of the taste of the small town life and then the little bit bigger town life.

[00:03:31] And then, Uh, which I'm sure we'll get into is spending six years kind of all over the world active duty army before coming back. Yes. To Virginia, ultimately DC Yeah. .

[00:03:41] **Rebecca Zung:** Yes. Yes. So you, um, really had a very interesting life with your, between your parents and your, um, your siblings and all of that. I wish I had more time because I listened to, um, which I highly recommend.

[00:03:56] By the way, his brother is also a podcaster, his brother [00:04:00] Max, and there's a great interview of. by his brother Max, which I do recommend you go listen to that. A whole interview's really, really so powerful cuz I don't have time to actually get into Chase's entire backstory. Oh, what's the carve out?

[00:04:15] **Chase Chewning:** Part two?

[00:04:16] Speak to people like

[00:04:17] **Rebecca Zung:** it too. Yeah. When we do FU part two because it's so fascinating, but you grow up there mostly Roanoke. you joined the Army. Be mostly because I think, you know, there was a family history there with your dad, but then you end up getting injured in the Army. Talk about that.

[00:04:42] **Chase Chewning:** You know, I think, um, if anybody can relate to the location, uh, Roanoke, then odds that we might know each other.

[00:04:48] But other than that, you know, I think Rebecca, my, my story, how. I, I think it could best connect with a listener is it's really not that different than a lot of other people. Um, maybe not your [00:05:00] immediate circle, but I, I recognize my story, you know, small town guy wanting to leave the nest, so to speak, and kind of figure out what I wanted to be when I grew up and not having a whole lot of clarity other than some interests, you know, I.

[00:05:17] Took art in high school and my grandmother painted oil paintings. And so therefore, I thought I was an artist and I was, oh, maybe I'll explore graphic design. You know, just kind of grasping at straws. But then also this other straw of military service was in my family. And I, I think anybody who is in the military or has a family member can kind of relate, you know, once it's in your family for more than one generation, it's kind of a thing.

[00:05:40] And so in being a 17 year old, Trying to figure out if I was good enough to go to college, what I wanted to be when I grew up at the time, or what maybe was gonna make me the most proud or my family the most proud. And just honestly, what was the right thing to do, which who knows what the right thing to do at 17 is.

[00:05:59] Um, [00:06:00] I felt more compelled to go down the military service route and for a lot of different reasons. The legacy aspect was one, but, but also just my family. I, I recognized that we didn't really have, uh, the financial capability at the time and, uh, I just didn't want it to be an extra burden on my family.

[00:06:16] So, Uh, I kind of just decided to go into the Army. Uh, I signed up right away for six years active duty. This was 2003. Um, pretty interesting time in the world and definitely in America. We were at war. This is the height of Operation Iraqi freedom and so I, I kind of knew what potentially could be asked of me and I still kind of decided to move forward anyways.

[00:06:39] I really felt like I. Going to be very safe and secure, especially because I had a lot of guidance, uh, in preparation by my father who was active duty Army himself. Um, he was a Persian Gulf vet. And so in pursuit of honestly, someone else's dream or you know, kind of this mashup of. .

[00:07:00] I'm trying to build my own dream.

[00:07:01] I'm trying to build my own life coupled with what I think the world wants me to do, coupled with what I think my family wants me to do. I was doing okay and it was not safe and secure. Yeah, true. It was not safe and secure. Um, I think arguably one of the most, uh, interesting work environments in the world, especially at that time, um, my job was a little bit different.

[00:07:24] I worked in military intelligence and I was actually a Russian linguist, a Russian intelligence special. And so majority of my work was, you know, behind closed doors, behind walls, and then, you know, kind of calling in the information for everybody else. Um,

[00:07:39] **Rebecca Zung:** And I just wanna say for the people who listened to me on a regular basis, you know, P T S D is P s D and you ended up with some major P T S D.

[00:07:50] Mm-hmm. , um, yeah, , not just from this, but some, a couple of other things in your

[00:07:54] **Chase Chewning:** life too. Yeah. I mean, to be 17, 18, 19, 20, 21 years old, you know, kind of at [00:08:00] the core of my military career, um, seeing. From the inside, what was going on in the world as a nation at war, talking to peers and colleagues and, you know, other service members.

[00:08:12] Um, leaving to go to war. Coming back from war. Um, in my portion of, you know, providing a lot of, like I said, you know, intelligence for a lot of global efforts, I heard. And was witness to a lot of the real terrors of the world. And as a young person, you know, you're, I think, much more deeply imprinted on those matters.

[00:08:33] That coupled with just a few months after I enlisted, I found out that my father was diagnosed with a terminal illness, a l s, and had a very, very, very, uh, severe case, uh, radically declined, very quickly declined, and about 18 months later passed away. And so I'm.

[00:08:51] **Rebecca Zung:** And, and I wanna just interject, we didn't have a chance to get into your entire growing up, but your parents got divorced when you were like about four or

[00:08:59] **Chase Chewning:** [00:09:00] five.

[00:09:00] Yeah. Yeah. And the oldest

[00:09:02] **Rebecca Zung:** of three And. . Right. And but at that time your mother goes to live in Richmond, you're still in Roanoke. So you basically were raised by your dad full-time. Yeah. So you were very close to your

[00:09:17] **Chase Chewning:** father. Yeah, ex very close. Good point. Yeah. My dad was my idol, my hero, my dad, my best friend.

[00:09:22] Yeah. Um, yeah, he definitely was like my parent, my father figure. MI biggest parental figure

[00:09:30] **Rebecca Zung:** in a way. Your maternal figure and you know, and I mean, he was the one who was there for you, not just minimize or marginalize your mom. This news when you're overseas is like,

[00:09:43] **Chase Chewning:** oh my God. It's, it's, it was a lot. It was a lot.

[00:09:45] And, um, you know, I, I did have a great stepmother as well growing up, who was pretty quick on the scene and my dad's mom. And so I, I, I, um, if they're listening by chance, I, my grandmother's pass, but, you know, I get

[00:09:56] **Rebecca Zung:** not, not to minimal, not to minimize, but this is a lot [00:10:00] for you. Absolutely. Uh, you know, as an 18 year old kid, or 19 whatever it was, that you were by yourself, you're overseas.

[00:10:09] This is, that was your main parent growing up. That's

[00:10:12] **Chase Chewning:** the point that I wanted to make. Yeah, absolutely. And so no matter, no matter really where I was in the states or, you know, anything overseas, I, um, That was always kinda like gnawing at me, uh, while he was sick after he passed. And it was really after he passed that I kind of, you know, kind of fell into the void, so to speak.

[00:10:31] Um, and actively pursued some really unique deployments, really outside of my typical scope of practice, um, in, in hopes. Really put myself more in harm's way, God's honest truth. I, I just, I, I felt the, the pain and the weight of this loss and just being so lost now in this place of life because like I said, I was in pursuit of building this life and career because I thought it's what I was supposed to do and I was trying to [00:11:00] make my parents proud.

[00:11:01] And I also don't wanna paint the picture that just because my family had this legacy option or legacy kind of criteria, Military service. It was never pressed on me. It was never like, chase, you will do this because this is what we do. It was always an option, which I will, I, I love this kind of parenting style with my father.

[00:11:18] Anything and everything I wanted to pursue, whether. You know, smoking cigarettes, drinking sex, you know, art school, whatever, e E, everything was an option, and consequences were then laid out to me. And so I never felt pressure. And so I say that because a lot of the pressure was kind of built up on my own of.

[00:11:35] Not having as much of a true crystal clear identity of who I am and who I wanted and what I believed to right to be right and wrong, but trying to, you know, be a young 20 something in the military. Oldest brother, father just passed away trying to carve out this identity for myself. Um, it was overwhelming.

[00:11:54] And so I just felt this, this overwhelming sense that it's never gonna get better. Uh, it's never gonna [00:12:00] let up. And I honestly wouldn't care if I didn't wake up tomorrow. I was never suicidal. I was never, you know, actively considering or wanted to take my own life, but I just felt. What better way to go out than quite literally a blaze of glory, you know, a soldier's death.

[00:12:17] Um, my suffering will be over. I won't have to come home to a family that doesn't have my father. And also at the time, because of how. You know, where we were as a country. Um, the Army's life insurance, the military's

life insurance policy, I, I think literally doubled at that time. And so I, I recognized that my life is worth about \$400,000 and that seems more important than, than me going on with this pain because I know then my family will be taken care of.

[00:12:45] And so in pursuit of, of trying to go down a very dark path to. Get rid of this pain. Um, I wound up in actually pre-deployment training, just in war games, um, suffering the injuries that [00:13:00] ultimately led to my career ending pretty abruptly. Um, long story short, I was leading an ambush on, it's called the opposing force, and just in pursuit of that, Um, really nothing super wild and crazy.

[00:13:14] It was just days out in the desert somewhere of, uh, central Texas. And, um, you know, going off of a couple hours sleep and being in all my body armor and all my gear and just, you know, a sudden movement too fast in the wrong direction, my body would just like, nah, it snapped me up. I tore my hamstring. Uh, suffered a lot of trauma and I kind of like torsion to my L four L five vertebrae, and so I was just leading this ambush and as fast as I was popping up, I was down on the ground.

[00:13:40] Next thing I knew I was being medevaced out, waking up in a hospital, I honestly thought I got shot because if you've ever suffered a hamstring injury, you know, you hear a pop, you feel a pop, and you're down on the ground pretty damn quickly. And so my life completely changed for at that moment, I, I [00:14:00] felt the worst because I.

[00:14:02] I can't even escape this mental suffering. I am in the most dangerous job in the world and I can't even get out this way. Um, but in retrospect, which I'm sure we'll get into, that was the best thing that ever happened to me. And I can say this now and it's very great timing. We're talking here today, Rebecca, because two days ago was the 18 year memorial of my father's passing.

[00:14:25] **Rebecca Zung:** 18 years. Yeah, I heard, I, I mean I remember hearing that in when I listened to the interview, so that coupled with

[00:14:30] **Chase Chewning:** this, but you ended up, were the two most detrimental traumatic events in my life. But now I'm on the other side of them and I can say they're the greatest gifts that I've ever received.

[00:14:41] **Rebecca Zung:** Well, but you ended up.

[00:14:43] Having to have reconstructive hip

[00:14:46] **Chase Chewning:** surgeries. Yeah. Yeah. Bilateral femoral reconstruction. So, um, the injuries were so significant and the recovery was just proving not basically not happening, uh, and truth. I was pushing [00:15:00] rehab and recoveries too soon, um, wanting to get back on the possibility of being deployed, um, that I wound up just like making matters worse.

[00:15:08] And so then, Uh, basically from like the top of my quad to the top of my glute on both sides, they surgically dislocated, removed my femur, reshaped them, put it back in. I've got two rods in both, both femur heads. Um, so for about the last year and a half of my six year military career, I was pulled from my unit, put into a medical hold unit, and my only job was to just have surgeries, be in the hospital, go home, be on bed, rest.

[00:15:38] And then, you know, two, three times a week I would have somebody come pick me up to take me to physical therapy pool therapy. Um, and I would, I had to learn how to walk again twice in that whole experience. You know, they did one hip at a time. Uh, and so they would break me down once I could walk again.

[00:15:53] You know, about eight months later, they would go back and do it all over. And then I was ultimately deemed nondeployable because even though I was, [00:16:00] you know, air quote here, a real boy again up upright and walking, although with assistance, um, I was deemed nondeployable. And once you're nondeployable in the military, um, they, they had no use for you.

[00:16:10] So I was medically retired at about 24.[00:17:00] [00:18:00]
[00:19:00] [00:20:00]

[00:20:29] **Rebecca Zung:** At 24 years old, not no use for you. Yeah. Send you home.

[00:20:35] **Chase Chewning:** Yeah. Like you're broken. We've done as much as we can for you. Um, and you know, I, I hope it's changed now because I really do feel like at the time I could have still have been of service. I had the highest level security clearance. I know the Uncle Sam poured a lot of money into me and a lot of time and training and resources.

[00:20:54] Um, but ultimately it comes down to if you can do your job great, but if we [00:21:00] need to call on you to go somewhere in the world and to take care of the bad guys. If you can't do that and uphold certain physical standards, then your liability, which is so true. I would never want me to be the reason why somebody else gets injured or worse, you know, has even killed.

[00:21:16] But I, I felt like there could have been some other use for me cuz I had so latched onto this idea of doing the typical military career serving 20 years, which is really wild timing as well. . I literally would've just retired. I just turned 37. I would have retired from that first phase of my life, the big plan for my life.

[00:21:36] And now in phase two. But you know, what do they say? Man laughs and or man plans and God laughs kind of thing. God laughs.

[00:21:44] **Rebecca Zung:** Yeah. So you get home and you have no identity, right? And you, you are now having to reinvent yourself. . Right. And

[00:22:00] one of the things that I love is that the name of your podcast is Ever Forward.

[00:22:07] Talk about why you named it

[00:22:09] **Chase Chewning:** that. Well, I don't know if, um, if people are gonna see this video, but if you can see, I'm kind of pointing the top corner here. There are two picture frames on the back wall and. What those are, are two letters, some of the last letters, if not, I think the last letters that I received in basic training, basic combat training from my father before he completely lost the ability to, to write.

[00:22:32] Um, and in that he signs off in a way that I had seen him sign off many, many times before. And two words that I've heard him say my entire life ever forward and. . It's a really, really cool phrase because him and I have a unique bond over it because not only is it just something that a father says to his son or to his family as, as like a, it's our family mantra, right?

[00:22:58] It's what we believe, it's what we do. You [00:23:00] know, we keep moving forward there. There's, you know, no stopping us, right? It actually pretty cool because it actually has a military tie and it goes way, way back to really the origins of our country. Every unit you're in, at least in the Army, Has like a unit, insignia Creed, a saying, and before he went active duty with a hundred first Airborne, he was National Guard.

[00:23:20] So basically before full-time military, he was part-time military and his national Guard unit back in Roanoke, Virginia, was with a hundred 16th imagery regiment, and their creed was ever forward. , and that goes way, way back to this, this group of militia men in Revolutionary War period, uh, of America, before we even had an army, before we were even technically a country.

[00:23:41] So there's a lot of history to it. And so he picked it up from his time and service, brought it home quite literally, and kind of instilled it in us. And you think it's just one of those things, like I said, your parents says, but I saw him. And I saw him be it until his last breath. If anyone's familiar with als, it's, I, I think, one [00:24:00] of the most cruel diseases, um, in, in history.

[00:24:05] Um, but to witness somebody just become a prisoner in their own body of what we know of it, it doesn't affect the mind. It's still, you know, the person is still in there, but they become trapped in their body. The body just eats itself alive basically. You atrophy away until you're just nothing. I, I saw my father go from like, Two hundred and ten, two hundred twenty pound guy, a really big, rough and tough, burly, former infantry guy to um, you know, maybe, maybe like 110, 120 pounds, something like that.

[00:24:34] Um, in a matter of about 15, 18 months. And just, you know, become dependent upon everybody else for everything else. Not once did he ever that I saw or I heard complain. Not once, did he ever want any of this to be a burden than anyone else. This actually was his choice to go into. Hospice care in the veteran's hospital months sooner than my stepmom wanted to because he wanted to take that burden off.

[00:24:57] And even the last [00:25:00] 36, 48 hours, he was alive. And luckily, I, I got to be home on emergency leave to be with him for his last moments, um, well, not literally his last moments, but more or less he, you could just see in his eyes that he was at such peace and that he had accepted this, which I. I was always blown away and almost even mad.

[00:25:19] I was like, how can you be okay with this? But living a Life Ever Forward was something that was just so woven in him that whether he believed it truly or not, he felt compelled enough to continue to be the example for our family and for me and for everyone around him. I, I'm sure in his own way, he had some kind of inner turmoil going, or maybe he processed it quickly than I ever could, but that's ever forward.

[00:25:41] And so, It was a phrase of his that has a lot of really cool history, but it was something that I heard him say. But I watched him be for many, many years, and finally about 12 years after his passing, when I got up the courage, when I was finally just so distraught in my [00:26:00] own life and suffering from P T S D, from, from this, um, and turned and faced this death and this

[00:26:05] **Rebecca Zung:** loss, so many different things.

[00:26:07] From his fa your father, from your, your, the military

[00:26:11] **Chase Chewning:** stuff. Yeah. Un undiagnosed death time suffering from a lot of different, but I, you know, was, you know, swerving off the road. I was blacking out. I was having just these worst panic attacks. I was, it was diminishing my relationships. Uh, I, my mental health was so unchecked, um, that it was.

[00:26:27] You know, seemingly outside looking in, everything was great, but just I was falling apart. And the people closest to me could tell because those relationships also began to fall apart. Um, and so yeah, I, I decided to just really latch onto it and instead of running anymore from this memory, um, in these words, that would make me so sad and.

[00:26:51] Send me spiraling in, in, in hate, in, in anguish and depression and anxiety. Um, I made the choice to just like, screw it. [00:27:00] I'm gonna grab hold of this and just run with it. And made ever Ford kind of just my way of life, turned it into a thing, you know, with the podcast, ever forward radio and, um, you know, and a lot of kudos to my brother for kind of doing.

[00:27:16] That a little bit sooner with the introduction of ever Ford Apparel and kind of just making our family mantra, introducing it to the world in some really cool ways. Um, and so that's what ever Ford is it? It's, um, started with, started with a group of militiamen, found its way in some paper here to, uh, a young soldiers basic combat training letters.

[00:27:37] Um, I have it tattooed on my arm and now it's just my entire way of being.

[00:27:43] **Rebecca Zung:** Talk about your. Uh, philosophy about identity and mourning old identities.

[00:27:53] **Chase Chewning:** This is something again, I, I don't think I'm super unique here, but I'm sure anyone listening can relate to. [00:28:00] It's like once you're on the other side of a major life event, especially one that we deem bad or sad or a loss or whatever, um, traumatic Big T little.

[00:28:12] We, we kind of develop these levels of awareness and go, oh yeah, of course. Like if I would've known this, this would've helped. Or this is really kind of the transformation that happened. Um, but I do think a lot of us don't grab hold of this whole concept of identity loss and grieving that identity loss, um, in major life transitions, whether we're fresh out of a break.

[00:28:39] lost a job transitioning out of a job, moving, feeling some kind of way with our friends and family, uh, or like, you know, in, in my case, literally lost my best friend, the death of my father. Um, and then even subsequently after that, two of my closest friends, like brothers of mine that I served with. Um, took their own lives after transitioning outta the [00:29:00] military.

[00:29:00] And so I just had, you know, I had a lot that I could have just stayed stuck with, and the real way that I found to move forward out of that and, and not to just like, abandon it and neglect it and forget it, I, I don't deem that as true healing or moving on. I view that as kind of, you know, some negligence, uh, or healing bypass, if you will.

[00:29:22] Uh, spiritual bypass and, and so I recognize. , I want to move on and I, I know that I can, what is, what am I missing? What am I not doing? And it, it was the me aspect. I was so focused on trying to work on and heal the thing that happened. I wasn't fully aware of the thing that happened inside me. That version of me needs to kind of like stay back there.

[00:29:51] And it did. You know, there's. as a son, there's life with your father. And then if he passes away, then there's life after I hadn't yet [00:30:00] separated the version of me that was now present after losing my father, I was stuck in trying to just still be the chase that had a dad that, you know, could just pick up the phone that could do all these things.

[00:30:14] And once I kind of wrap my head around, or recognize really what I was going through was grieving the loss of me as well. Grieving the loss of that version of Chase, um, in the death of my father as I was, you know, getting out and, you know, then becoming a civilian again and letting need, needing to let go of that soldier identity.

[00:30:37] Um, then letting go, you know, getting transitioning out of school to then be in corporate America, working in the air quote, real world, uh, and just really kind of figuring out what that. Um, and even through, you know, relationship breakups and things like that, just, you know, saying so stuck on the version of me that was in that relationship and not letting that go or just, you know, bearing that as well.[00:31:00]

[00:31:00] There's so much just wrapped up in identity and, um, once I really began to kind of like turn and face that part of me that also was stuck back there, then I think I was really able to finally move forward. Um, W And it's a weird thing to say, like, you need to grieve yourself. Like, well, I'm still here if

I'm talking about me and wanting to move forward, how, why do I need to grieve myself?

[00:31:22] I'm still upright and mobile and kicking it. Um, but we're not, you know, we shed these layers of ourselves all the time. I'd be willing to bet. , we are not the same person we were yesterday. You know, in, in a way we could find something to, to mourn or to, you know, recognize that layer of me is gone. And so I, I think one of the best ways I have found to move on in a lot of ways in life and to, to move forward, to move ever forward, uh, is to not only recognize and work through what I need to for that actual event, but then recognize that, you know, there's a part of me.

[00:31:56] That has grown because of it. There's a part of me that is here that wasn't there [00:32:00] before and there's a part of me that isn't here now that was there before. And um, it's a really unique concept, but one that has really helped me immensely.

[00:32:09] **Rebecca Zung:** Yeah, I think it's so profound. It's so profound. You, you know, cuz I think people think, oh, I'm mourning the loss.

[00:32:17] You know, this job or that person or you know, that thing, they don't think about the fact that they're mourning a v version of themselves or that identity, you know? And it's so profound that the way that you are putting it, but it's so true.

[00:32:36] **Chase Chewing:** It's so true. We can wrap our heads around that or even just entertain the idea.

[00:32:40] Uh, it's not a really easy thing to do and, and I. , at least in the beginning, it causes more questions maybe than answers, but if we just think. I'm sure we all can, if we take it just a second and think about what is the thing that I'm really trying to move forward with. Um, I'm, I'm doing so well, but I'm just stuck.

[00:32:57] You know, why can't, why can't I [00:33:00] get over it? Why can't I let go of this past relationship? Why can't I let go of the idea that I'm not who I used to be? I can't lift the same amount of weight due to maybe age or injury or whatever. I don't look the same way, or I don't feel the same way, or I, I don't make as much money or I'm not as happy.

[00:33:18] Insert whatever the thing is here for you. Have you done the work necessary to process that and to work through it? Okay, cool. I hope so. If not,

here's your opportunity, but beyond that, if you're still feeling like yes. I bet the butt is you and I bet the butt is mm-hmm. because we haven't directed that attention and work on our own selves and letting go of that part of ourselves.

[00:33:46] I, I think relationships are probably one of the easiest examples here. How many of us go into a relationship we date a new guy, new girl, whatever. And we're just still kind of stuck on our ex, you know, whether that's, you know, we're bringing [00:34:00] up or we're looking, we're nitpicking in certain things, or we're just still thinking about them and we think that it's because I just haven't gotten over them.

[00:34:07] I ha there hasn't been enough time, I haven't done enough work. Whatever. I would challenge you to really think about, well, what have you done to, you know, get over the breakup with yourself in that relat. . It's almost like taking yourself as a third party. There's you and this other person. Remove yourself from the self, look objectively, and then mourn the loss of those two people.

[00:34:26] But then also, or shouldn't say, you know, they're still alive, but like, you know, there's a different perspective to be had when you can look at yourself as a third party looking into that relationship and especially yourself. Um, the detachment from. Will service in a lot of other ways, but especially when trying to just finally move on.

[00:34:43] If it's like, yes, but if you're still feeling stuck, have you done that with yourself and for yourself yet? That's my question. .

[00:34:52] **Rebecca Zung:** Yeah. And we don't have a whole lot of time left, but, um, we're kind of really outta time, but I just wanna [00:35:00] touch on very briefly some of the ways that you've been able to, um, help yourself move on and help yourself heal.

[00:35:08] If you wanna just touch on that very briefly.

[00:35:10] **Chase Chewning:** Yeah. I'll say first and foremost what helped me the most years ago was I, I let someone in, I let the right person in. That person for me was my then girlfriend now. Um, and it's a lot of times easier said than done, um, because that's where we're most scared, where we're most vulnerable, where maybe we don't feel like we have anyone that we can trust or love enough or trust and loves, often loves us enough to receive that in the way that we're still gonna feel safe and secure.

[00:35:38] Um, but I promise you, you do have at least one person in your life or if you're wanting to make work and progress in this area, work toward. Developing and nurturing a relationship with someone. You could even be that someone get a pen and paper journal voice memo, like, just get it out. Find the right person, let the right person in.

[00:35:58] Um, beyond that, [00:36:00] getting consistent professional mental health. Help has really been my saving grace. Um, I've done all the things right. You know, I've journaled, I've listened to all the podcasts, read all the self-help books. Uh, done years and years and years of self-help work, you know, but also letting the right person in.

[00:36:18] Um, but it wasn't really until I found consistent quality mental health help, um, that I was able to really, really shed those layers and really, really move forward. And specifically for me that came, um, in a very radical psychotherapy experience called Ketamine Assisted Psychotherapy, uh, about a year and a half ago, um, undergoing traditional psychotherapy coupled with ketamine therapy.

[00:36:46] Um, multiple sessions and I in the first one, two session. I really got, I'd say years of years of work because it really does do that, like I was talking earlier, it allows detachment of the [00:37:00] self, it allows detachment of the self to really look at my life and my experiences. And I went in with the intention to finally work through my P T S D cuz it had been 16, 17 years of that time and I was still stuck.

[00:37:12] Um, I wanted to get into, which is weird to say, out. I wanted to get over it. I wanted to just like, chase your dad passed away, like, move on. He wants you to move on. But I, I, I didn't know how, there was still some part of me that was latching on. There was no latching on after that. So that was, um, really the thing that catapulted me, moved me forward the most, and gave me personally my experience.

[00:37:35] Years and years of therapy in about, you know, an hour experience, um, and really gave me closure and acceptance in a big, big way around the death of my father. .

[00:37:47] **Rebecca Zung:** Mm-hmm. , I, and I know a lot of people that have, um, used that and, and have found great success with it as well. And, and I do wanna say, you know, the, I'm not here [00:38:00] condoning or saying, Everybody should go out and do that.

[00:38:03] I, I'm saying that for, for some people it's been, it's been, uh, definitely helpful

[00:38:09] and

[00:38:09] **Chase Chewning:** successful. And the beauty here in the United States, at least, you know, it's a federally legal treatment, federally legal course of action. Um, they have a lot of great. Services out there now where you can do this type of therapy, you know, at home via telehealth.

[00:38:22] But my personal kind of, I've done, I've done them all, but I can tell you, me personally, especially at that level of emotional, um, pain that I was in, again, going in with diagnosed finally P T S D, um, I, I, I can't imagine my life without that experience now without those experiences, um, truly getting closure around the death of my father.

[00:38:45] I can tell you now, after going through many experiences over the past year and a half, I am in acceptance of grief. Um, this is the first time ever I've been able to hold conversation about this and just completely not even get a tear in my eye. Not, not, [00:39:00] not that I'm disregarding those emotions. I know the pain is still there.

[00:39:03] Mm-hmm. and I know what I went through, but I can finally separate then from here and now. And that was impossible for me before. Yeah. .

[00:39:13] **Rebecca Zung:** Right. So, you know, I, I wanted you to share that experience and share how you've been able to move through your P T S D, move through your grief, move through your trauma, because I know that for the people who listen to me, the people in my community who are dealing with a lot of trauma in relat, Whether it's business, whether it's personal, they're dealing with transition.

[00:39:42] I know that listening to you, listening to your story will be immensely helpful for them and to know you're here, you're on the other side. How are you feeling today?

[00:39:53] **Chase Chewning:** Fantastic. Um, I, I'm, I'm at peace. I actually had, this weekend, I shared earlier was the [00:40:00] 18 year memorial, or two days ago from our recording.

[00:40:03] This was the 18 year memorial of my father's passing. He died January 22nd, 2005, and I went in this weekend for my most intense, uh, my

highest dose ketamine therapy session. And at the end of it, I was even sharing with my wife after, um, just peace. I am finally at. And, and I think whether you have lost a loved one or you've been through a traumatic injury like myself, or just life, , life is not easy for any of us these days.

[00:40:38] You know, your story is your story, and your trauma is your trauma. But I can tell you if, if you've been doing the work and you're feeling, there's still just something holding you down and you're still stuck, and it's your choice now to face that and to move forward, I can tell you. No matter which protocol you choose, no matter what modality you go down, if you make that commitment to [00:41:00] yourself with time and work, there is peace waiting for you.

[00:41:04] I, I believe that time heals all wounds, but that does not exclude us from doing the work alongside of Time and peace absolutely is where I'm at, and that is what I hope for everybody.

[00:41:18] **Rebecca Zung:** Hmm. Ah, so beautiful. And I love the work that you're doing. I love the work that you're doing in the world. Where can people find you?

[00:41:25] Where can people go follow you?

[00:41:27] **Chase Chewning:** Yeah, so pretty much on Instagram is where I'm sharing. Um, you know, my background in is health and wellness and that's what I did after the military and, you know, all the things you were sharing with all the letters and whatnot, . Um, but you know, so that's kind of my daily journal.

[00:41:40] My live journal of health, wellness, physical, mental, emotional, spiritual wellbeing, um, at Chase underscore tuning. Also my podcast, ever Forward radio. We do two episodes a week. Um, we're now, last week was, uh, six years. So six years of content, uh, almost 700 episodes for you to go dive into anything and everything I [00:42:00] say that helps you live a life ever forward bringing awareness into your, you know, fitness, nutrition.

[00:42:05] Mental health, you know, entrepreneurship. A little bit of military with my background as well. But if living a life ever forward rings a bell for you or uh, gets you curious and you know, anything I've talked about, kind of sounds on brand for what you want for your life, that's what you can expect over on ever forward radio.

[00:42:23] Yeah. I'm gonna be on it actually. She is, yeah. Very soon. Very. .
Yeah.

[00:42:28] **Rebecca Zung:** So, uh, go check him out, follow him, subscribe to his podcast and make sure that you go and, um, give him a, uh, a, like on Instagram as well, because he is. Really, really a absolutely incredible, as you can tell. Thank you Rebecca, uh, after listening to him.

[00:42:49] So thank you Chase for taking the time to be here today and, uh, continue to live your life ever forward. This was absolutely

[00:42:58] **Chase Chewning:** fantastic. My pleasure. My pleasure. And if I
[00:43:00] could say one last thing that I, I think has been a, an incredible new mantra, mom the last couple years in my healing journey and for anyone's healing journey ever forward is absolutely with me and it's never gonna go anywhere.

[00:43:11] But, um, I'll say this to the listen. You are exactly where you are supposed to be and leaning into that. Mm-hmm. might be confusing at first. It might be painful. You might not want to be where you are. But if we choose to accept that and choose that, that is our truth. Because it is, wherever you are right now is where you are.

[00:43:29] But if you choose to kind of take that power back and like I am here for a reason, I'm exactly where I'm supposed to be, we can find a next step, I promise you. So that's kind of the latest mantra that I'm grabbing hold of and leaning into and, and sharing with everybody. . Mm.

[00:43:45] **Rebecca Zung:** Love that. Yeah. Everything's for a reason.

[00:43:48] **Chase Chewning:** Right? Everything happens for sure. Um, my, my belief, my choice is that, uh, we get to make reason out of it.

[00:43:55] **Rebecca Zung:** Hmm. Love it. Thank you so much. My pleasure. This was fantastic.[00:44:00]