



## SYMPTOMS OF PTSD

Depression - feelings of worthlessness emotional numbing.

\* Isolation - unable to get close others. Many of us upon having returned and finding a hostile environment, went criss-crossing the continent looking for acceptance.

\* Rage - at ourselves or others, like spouse or children; or inanimate object breaking things or hitting a wall.

\* Alienation and avoidance of feelings "it ain't no big thing" when a VC or buddy was KIA. We numbed ourselves to the death and destruction, carried home and do not feel love or an emotion for those close to us. Our fear of losing that person as we lost our best friends in combat. This contributes to marital instability.

\* Survival guilt - how is it that I survived and others "more worthy" didn't? Many corpsmen and medics suffer this.

\* Anxiety reaction - startle response to loud noises or feeling very uneasy in a large crowd.

\* Sleep disturbances and Nightmares veterans often have much difficulty falling and maintaining sleep. With sleep, recurrent dreams of horrors experienced in Nam come on.

\* Intrusive Thoughts - flashback triggered by self or outside stimuli such as choppers flying overhead, the smell of urine or diesel, green tree lines, a rainy day, Vietnamese refugees.

\* Suicidal - many vets give up after years of fighting themselves and the system. 58,044 died in the war - over 150,000 have taken their own lives.

PTSD