



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 any
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 - flashbacks
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