



TREAD VERY LIGHTLY AS YOU WALK THROUGH LIFE
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Tread very lightly as you walk through life
For life is taken for granted far too often
You never know what is around the corner
Whether in wars fought across the oceans
Where the enemy had struck you suddenly
Out of the darkness of a moonless night
When they hit our bases with mortar rounds
Then for good measure lobbed in a few more
Our hearts raced as we'd tried to spot them
Watching for the muzzle flashes of their tubes
Yet at the same time you'd duck their shrapnel
Razor sharp pieces of exploding white hot metal
Sometimes it lasted just a few minutes or so
But there were nights it lasted for an eternity
As they dropped in more and more rounds on us
After going home, you still didn't really feel safe
As you were trying to fit back into stateside duty
There were these nightmares that visited you often
You didn't want anyone to know what happened to you
And had you sought help in dealing with it all
You were afraid you'd be labeled as just a nut case
So, you just kept it buried deep and faced it alone
After separating and coming home it was always there
Terrifying memories that visited you during the night
You'd become a walking time bomb just ticking away
You knew you wouldn't be able to deal with it alone
Do you seek out some help or put an end to your pain
There were many reasons not to take the easy way out
My family would never have been able to deal with it
They had never understood the nightmare I was living
Knowing I could no longer handle the PTSD all alone
I swallowed my pride, and I sought out the VA's help
It's been a very long hard battle to deal with PTSD
The other alternative would've destroyed my family
Ending my life would've left them scarred for life
And it would have damned my own soul for eternity
Everyone has their own demons to deal with from
their service in Vietnam and Thailand and each of
us handles it in our own ways, but until you take
that first step to seek out help, no one can help you
deal with it.