

VIETNAM WAR

PTSD ... I thought I was Stronger Than That.

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Vietnam and Thailand
by The Light
of a SILVER MOON

Post-Traumatic Stress Disorder, with friendship and counseling can be overcome.
Like the most severe physical wound, but is a wound deeper than heartfelt and can consume the soul. *Don Poss.*

PTSD: I thought I was stronger than that.
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I thought I was stronger than that.
I thought I could put it in a box.
I thought I didn't need anyone.
I thought no one understood.
I thought I could handle it.
I thought no one cared.
I thought it would go away.
I thought I could forget.
I thought I could forgive.
I thought I wouldn't be missed.
I thought I couldn't stand it anymore.

**I thought I was alone.
I thought about asking for help.
I thought they would think me weak. I thought I would say
goodbye.**

*Post-Traumatic Stress Disorder, with friendship and counseling can be overcome. Like
the most severe physical wound, it is a wound deeper than a heartfelt, and can
consume the soul.*

**You are Strong . . . *but not invincible.*
You can put it in a box ... *for a time.*
You may not need anyone...
but you are needed.
You can meet hundreds who understand.
You can handle it ...
let your brothers help.
You know they care ...
they've been there.
You know it will never go away...
We can face it together.
You can forgive . . .
but need not forget.
You still miss those who fell ...
they are safe now.
You can stand with those who know the burdens.
You are not alone.
There are no dust offs for wounds of the soul...
but they are waiting... as I Am.
You can ask at any hour for as long as there is life . . .
You are not weak ... *just human ...*
and have seen what mankind was not meant to see.
You can say, 'I need to talk' and brothers will say,
'Welcome Home'.**

**Awaken from your dream...
I AM stronger ...
We will make it ...*together.***