

Response to Don's post on PTSD (I'm telling it like it is!)

2011, by [Jackie R. Kays](#)

Hi Don, I could write a book on this subject! For over forty-five years, I have wrestled my demons in...sleepless nights, nightmares, night-sweats, anger, depression, and the hold damn game.

I could not, before or now, rationally discuss this subject with anyone, without becoming emotional and very angry! I have often wanted to visit the "Wall", but knew I could not bear the sight of the names of young men that I personally knew in Nam.

I have been an outpatient at the VA hospital since 1966, during that time, I never mentioned this subject to the doctors, or anyone else, outside of my immediately family, who were and are very familiar with my demons.

You see...I missed a damn good chance of becoming a "KIA" while I was there. That experience, left me with an everlasting feeling that I have been living on borrowed time! The only reason that I mention this matter now... is because, after reading Don's post in regards to this subject, I suddenly realized that I am a member of an elite organization (VSPA) of men, who have been there and done that...and hopefully will understand where I'm coming from! I am sure, that I am not alone in this nightly drama!

Thanks Don!

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