

## VIETNAM WAR

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

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Vietnam and Thailand  
by The Light  
of a Silvery 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.

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.

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*We Take Care of Our Own*

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