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**Subject:** Poem - PTSD Ever After  
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## Poem – PTSD Ever After

Ptsd will never go away. One could sooner change his DNA.

Must we forever ride the same rides; run the same gauntlets In life--receiving blows of tormented memories--each time knowing where the ride will plummet; brittle-cruel shadows of the past--intrusive...unwanted...and unable to dispel?

Sudden unreasonable anger against those who love you...recognizing the pain caused others, but unable to change or stop it in mid stride: stuck in that moment again.

Daydreams...stark nightmares...scattered thoughts of decades past; as clear as yesterday... pain electric; a surreal-nether-world of prancing what-ifs painted in white-light and darkness: an endless overwhelming loop of sleeplessness.

Seeing their young faces...remembering snatches of conversations: sometimes, smiling...oft times not; plays out afresh in the scarred and wounded mind of this old man.

Lord, I am exhausted...broken...save me from this fright...spare me the dangers of the abyss I cannot climb out of; or take me home.

Thank you,

Don Poss Sent from my iPhone