

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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