



## Chaplain 's Corner



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[483rd SPS, Cam Ranh Bay AB,](#)  
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Steve and Kofuc, Cam Ranh Bay '70

### Intrusive Thoughts

#### Why Do I Have Intrusive Thoughts? . . And How Do I Overcome Them?

*"My body is at work in 1996 but my head keeps going back to 1968, Nam. I try to stuff the memories back down inside but they keep popping back to the surface. Minutes or hours from today disappear as I remember things from Nam. Memories so real that they shut out today's reality totally. I don't want to think about the Nam-- but I can't stop it." **Mary Bishop. 2nd Lt U.S. Army, 68-69.***

Sound familiar? What caused these memories to keep recurring? Our minds are like a never stopping camcorder. We actually record everything that happens to us. Most of these recorded tapes aren't easily gotten to and others are buried. Some though, were so impressed on our minds they are always accessible. These tapes were very detailed, having sound, might smell, touch as well as acCOing emotions. Events of stress or traumatic events will be extremely detailed. These tapes come back without desire on your part. They can be triggered and block out reality for a time. Our VCR does not have an off-switch. The on-off switch is not dedication. Sometimes medication reduces depression, but does not erase tapes. Talking with other vets can help in turning the switch off. In sharing these "tapes" with others, the tapes wear out. In keeping them to ourselves we protect and keep them clean, to last forever.

If anyone has a prayer request or wants free counsel contact me at (201) 507-9038 - Phone and FAX.

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*We Take Care of Our Own*

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