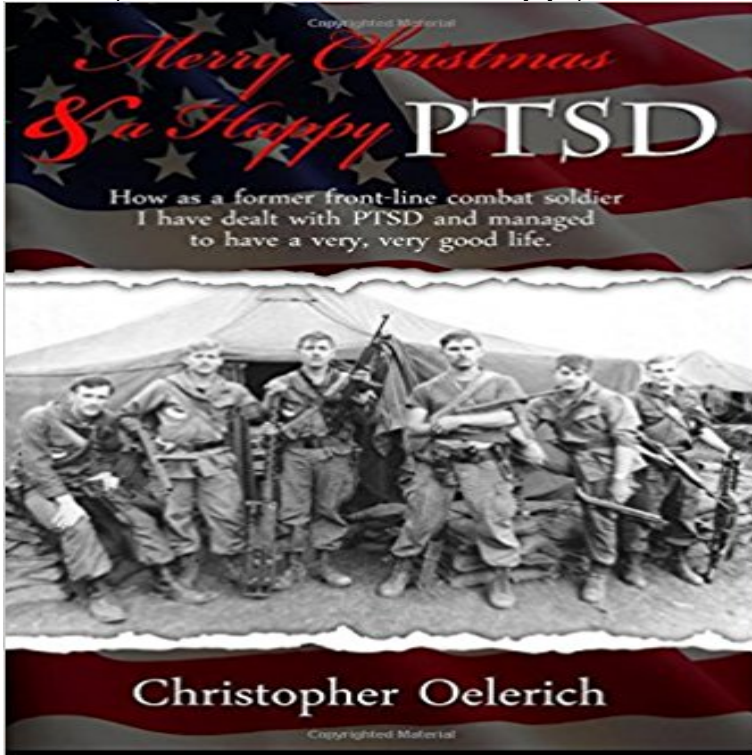


## Merry Christmas and a Happy PTSD



Its been my experience that most combat soldiers would like to think that their wars with the associated problems and issues are unique, I surely did, until I looked back at people I have known who fought in WWII, The Korean War, Vietnam, The Gulf, Bosnia, Iraq and Afghanistan. And came to the conclusion after talking to and listening to the various people who had experienced combat and life altering events associated with wars, that PTSD as we have come to know it is essentially the same now as throughout recorded history.

I was a twenty year old Warrant Officer Helicopter Pilot fresh out of flight school when I arrived in South Vietnam in May 1969 and was assigned to B Troop 7/17 Air Cav in Pleiku. I joined the Scout Platoon and spent my entire tour as a Scout Pilot in the Central Highlands, in that time I saw my friends killed, captured, wounded and lose their minds. I arrived home in May of 1970 my life inextricably altered from my experiences nurturing a serious drinking problem and raging PTSD. I have attempted to put down how I have dealt with Alcoholism and PTSD over a forty year period and managed to have a very, very good life. I have never been treated by a Psychiatrist, Psychologist or other mental health professionals, have never been in a treatment-inpatient or outpatient program, never medicated and have never been in group therapy or a support group. To qualify I have been continuously sober and straight for forty years in Alcoholics Anonymous. As I believe PTSD and Alcoholism are very different I have applied parts of what I have learned and continue to practice in AA as well as other knowledge I have acquired in dealing with PTSD. The book has been written in a How To or Guidebook style for Combat soldiers, therefore it is reflected in the examples and language.

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