

Some of the Things I Have Learned Throughout My Journey

Anything with a brain can be traumatized. Most people may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better. If symptoms get worse, are long-lasting, and interfere with daily life functioning, you may have PTSD, a term that should never be over used or taken lightly. There are different stages and forms.

For me, my Agent Orange Physical in 1996 was the straw that broke the camel's back. Before that physical, I did not have depression, nightmares, or exaggerated startle response.

Some of the things that I believe have helped me:

- 1) I have learned over time how to avoid possible stressful situations. If I don't feel comfortable, I don't do it.
- 2) Support from family and friends
- 3) I now understand this condition
- 4) I am now able to control my environment
- 5) My dog
- 6) Getting my story onto paper and out to other people
- 7) It is easier to go with the flow rather than to fight it
- 8) Getting off medication
- 9) Having a comfort zone
- 10) I believe that time can help most things
- 11) Belief in my own redemption

THERE IS HOPE!

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