

Unable to feel safe—and learning how to cope.

Tim: I began by locking my bedroom door. That didn't work so then I locked and barricaded it, still didn't feel safe. So, then I pulled out a Ka-Bar knife that my nephew had given me, still didn't feel safe. Then I hauled out a pistol that was my father-in-law's and he'd passed away, still didn't feel safe. And then I brought up a loaded shot gun and I would have a plan just because this is what we were taught in boot camp.

But what I know now is every one of those things I was doing was making this problem worse, because I do live in a safe place. So, I practiced sleeping alone and my Mantra was "It might be a bad night, but you will be alive in the morning."



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