

Anger, guilt, and nightmares after deployment

Aaron: I started working right away; I went right back to work. Some people take a month or so but I was still in that go, go, go mentality, "Let's get the mission done." But then it wasn't until three, four months, maybe a year later my wife really started to notice changes in how I behave; how I slept; physically and emotionally. I had some anger issues, a lot of resentment; some people call it survivors' guilt.

I know a few guys that never came home. Six or eight months after being home, the nightmares really started to come in and in the middle of the night all of the sudden I'm back in Iraq, full battle mentality, running, chasing people down. Or it could just be something as simple as I'm constantly replaying an isolated incident that really doesn't mean anything.



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