

## Others going through the same challenges can help

**David:** I had a lot of nightmares in the beginning, the first 20 years. It's a little bit better now, but I cannot be woken up. I jump out of a dead sleep in a defensive mode immediately, regardless of whether I'm in a chair or a bed or anything, on the floor. If someone touches me when I'm asleep, I would jump up and be in attack mode.

When you have a problem, when you have a thought, why do you have it? What, what's going on? How real is it and should you be outraged by this or should you just let it go by? Just listening to other guys with the same problems, with the same thoughts, with the same issues that we're dealing with, with their personal lives, with their relationships, with their kids, with their jobs, I'm saying, "Well, I'm not alone. There are other people that are thinking these same thoughts and have these same nightmares and night sweats," and it's an illness and it can be cured.



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