

AVOIDANCE 2

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For more information about the SAGA program to help veterans with PTSD see
<http://www.sift.net/research/health-and-telemedicine/saga>

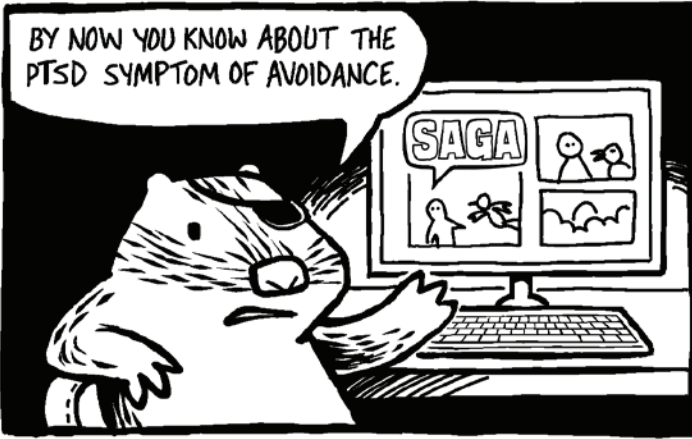


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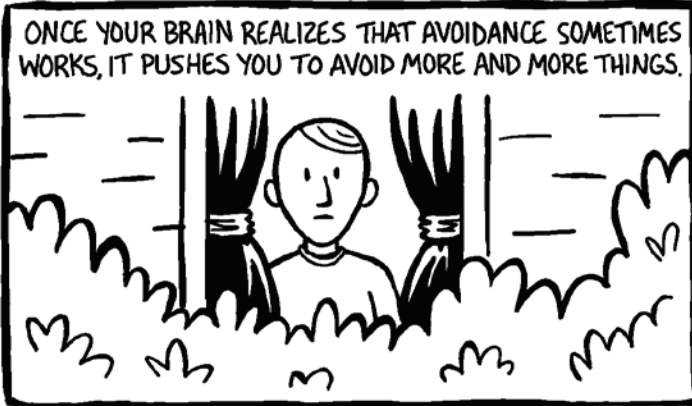
BY NOW YOU KNOW ABOUT THE PTSD SYMPTOM OF AVOIDANCE.



AVOIDANCE WORKS HARD TO KEEP YOU FROM HAVING TO THINK ABOUT YOUR TRAUMA.



ONCE YOUR BRAIN REALIZES THAT AVOIDANCE SOMETIMES WORKS, IT PUSHES YOU TO AVOID MORE AND MORE THINGS.



AVOIDANCE BUILDS SLOWLY OVER TIME SO YOU MAY NOT EVEN BE AWARE OF IT.



PRETTY SOON YOU HAVE CUT ALL THE FUN AND JOY OUT OF LIFE.

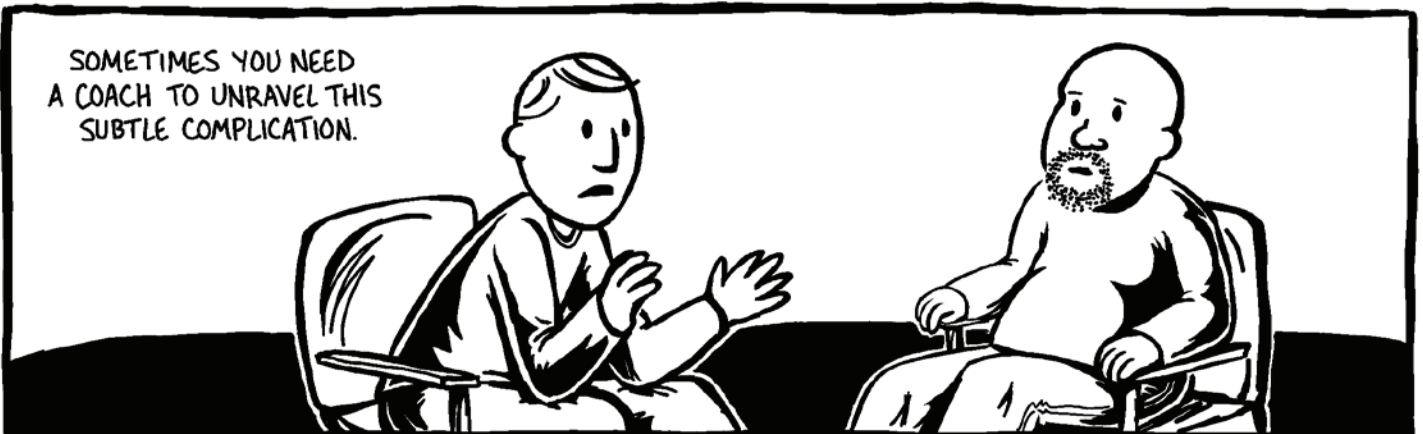
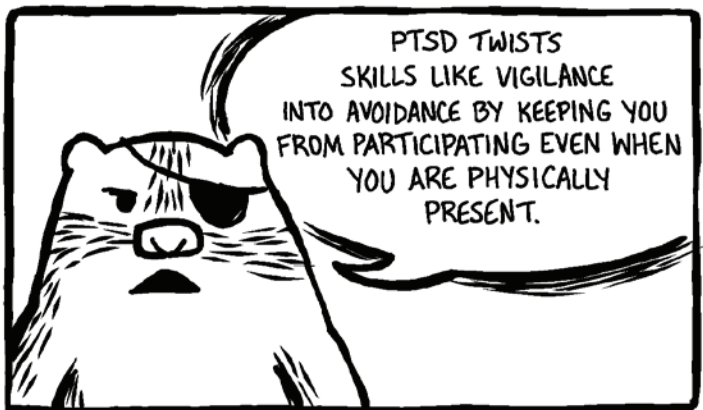
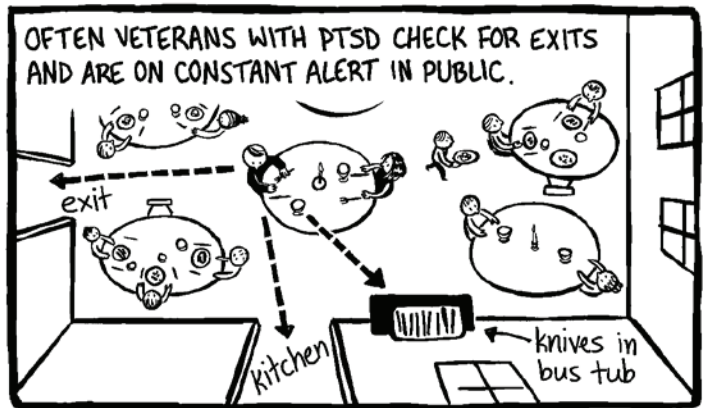
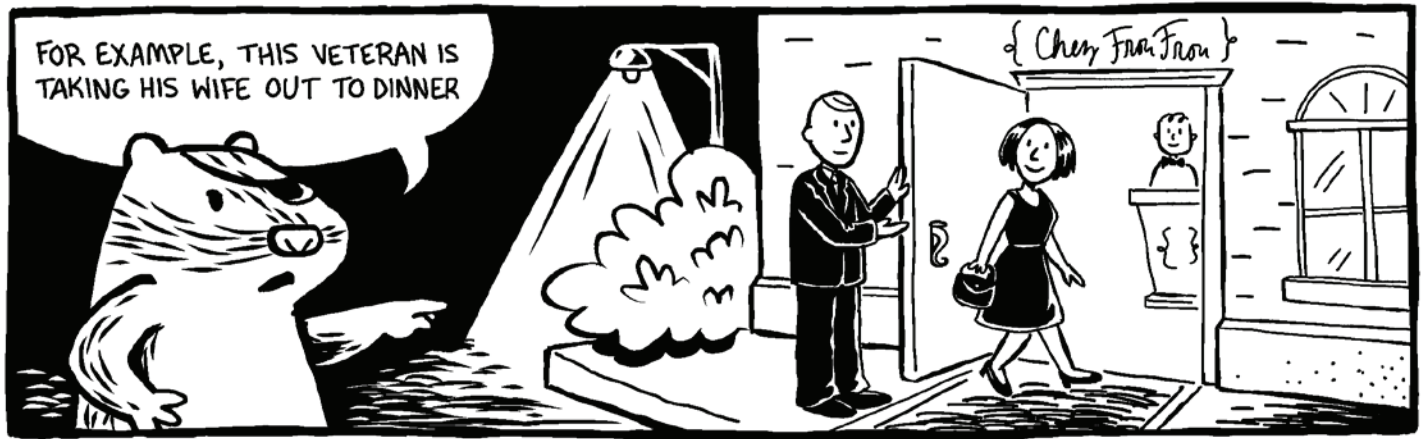


SO YOU MIGHT THINK, AS LONG AS I GO PLACES, I AM NOT AVOIDING



BUT AVOIDANCE INCLUDES AVOIDING PLACES AND SOMETHING MORE SUBTLE: AVOIDING ENJOYING SITUATIONS







FOR MORE INFORMATION ABOUT PTSD AND COMICS GO TO SAGA.SIFT.NET