

# WHAT DOES PTSD LOOK LIKE?

ZANDER CANNON, DAN THOMSEN

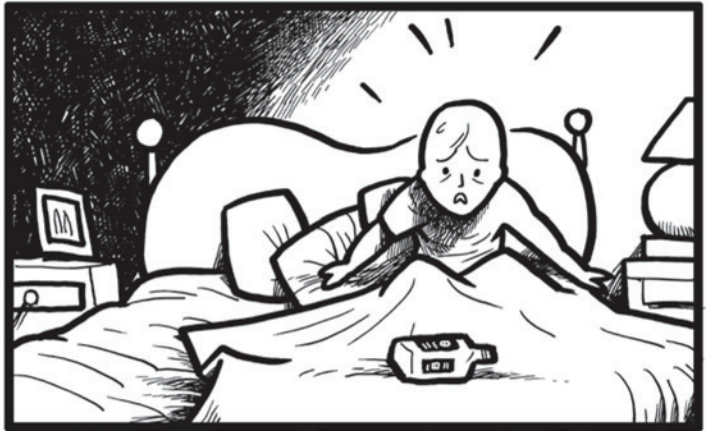
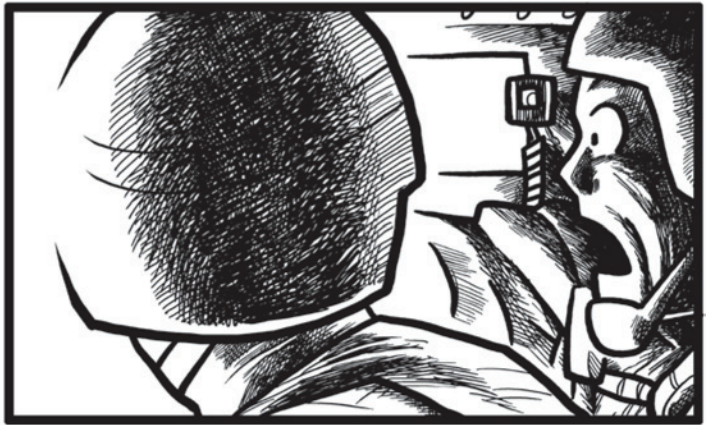
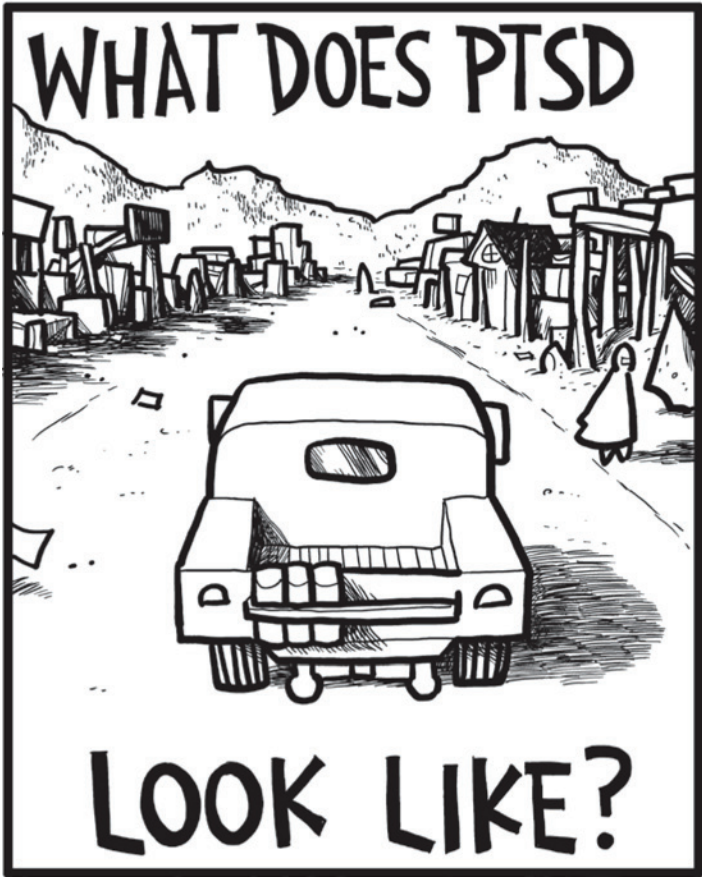
For more information about the SAGA program to help veterans with PTSD see  
<http://www.sift.net/research/health-and-telemedicine/saga>

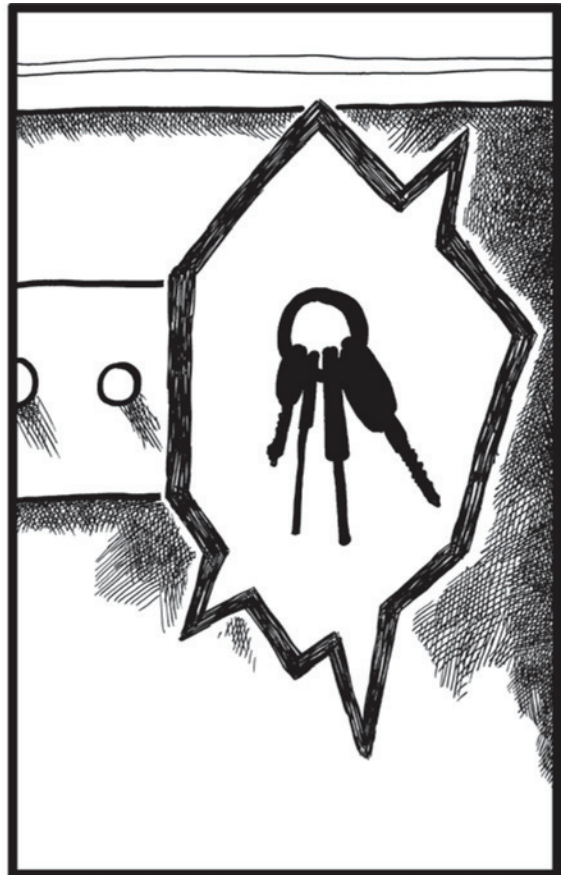
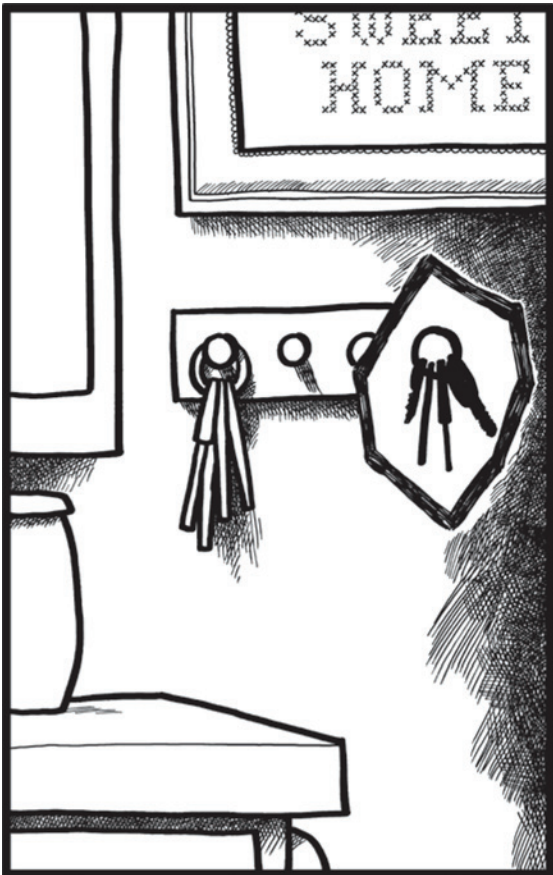


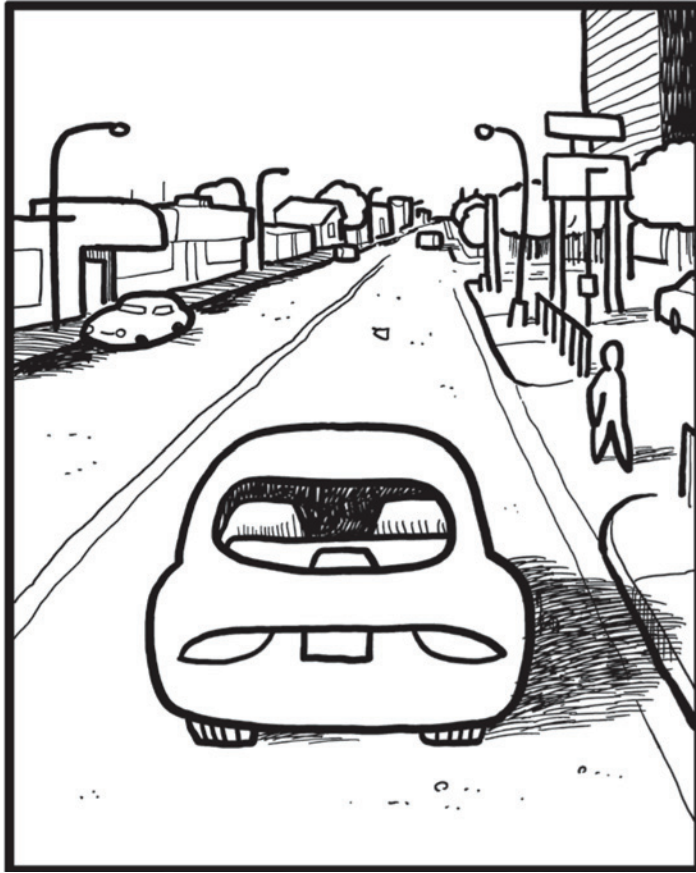
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**HYPERAROUSAL** IS ONE OF THE MOST **VISIBLE** SYMPTOMS OF **PTSD**. READING **DANGER** INTO HARMLESS, **COMMONPLACE** THINGS LEADS TO A CONSTANT SENSE OF **FEAR** AND **ANXIETY**.

TINY, INSIGNIFICANT **HINTS** THAT MIGHT HAVE MEANT LIFE OR DEATH ON **DEPLOYMENT** ARE NOW JUST THAT: **INSIGNIFICANT**.



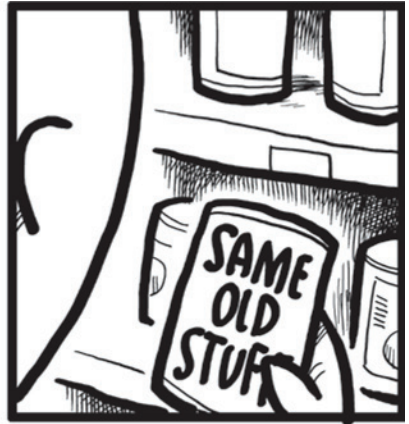
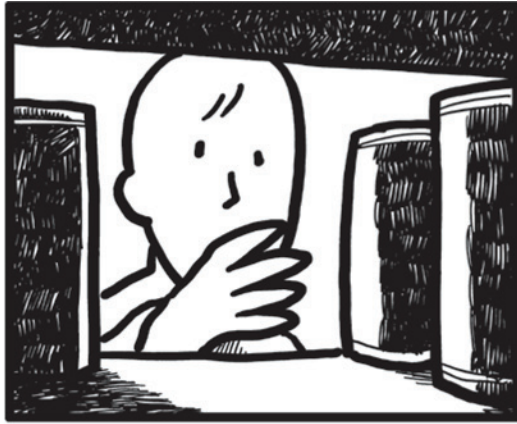


ANGER CAN EASILY COME OUT OF A SENSE OF **CONSTANT** OVERWHELMING **PRESSURE, STRESS, AND ANXIETY.**

ANGER CAN BE ONE OF THE MOST **DIFFICULT** PROBLEMS TO DEAL WITH BECAUSE IT HAS A TENDENCY TO PUSH HELPFUL PEOPLE **AWAY.**



AND THE **PRESSURE** OF HOLDING BACK ALL THAT **FURY** IS JUST ONE MORE THING TO **WORRY** ABOUT.

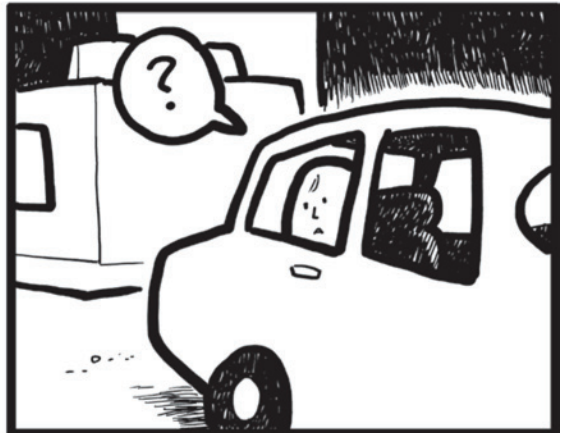
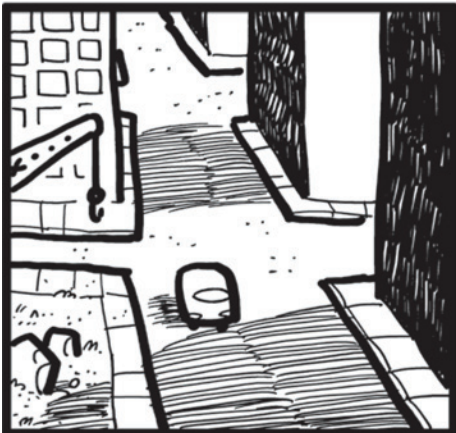
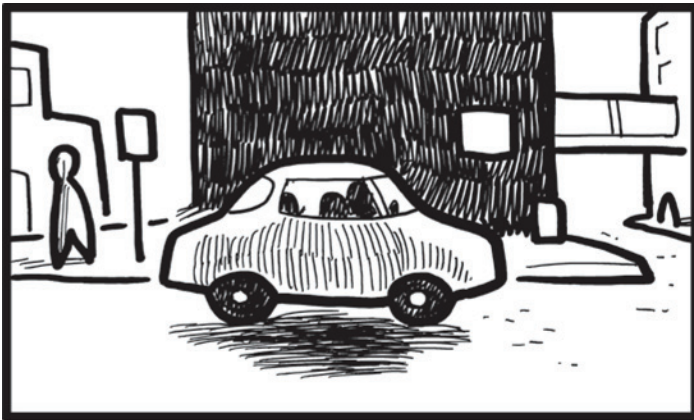
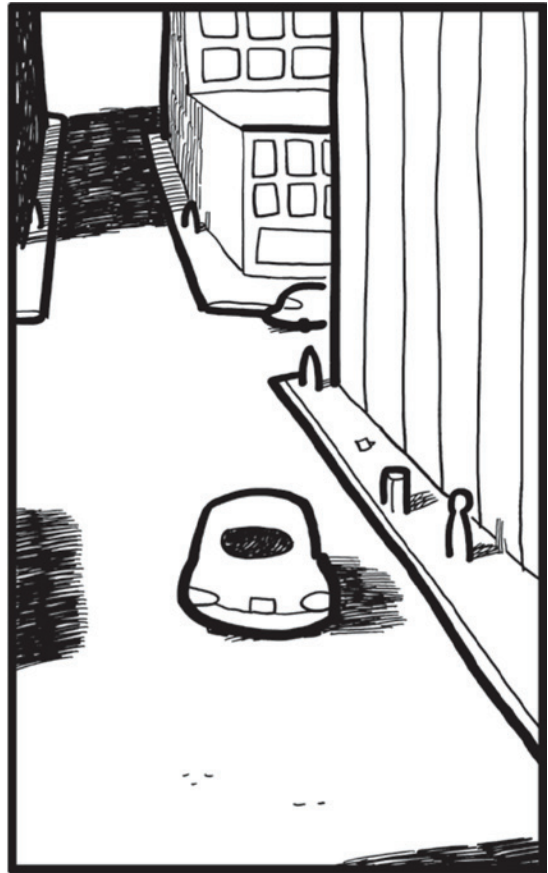


NUMBNESS COMES WHEN ALL THE PRESSURES BECOME TOO **MUCH** AND YOUR BODY ADAPTS BY BEING UNABLE TO FEEL **ANYTHING**.

YOU CAN FEEL LIKE YOU'RE MERELY GOING THROUGH THE **MOTIONS** OF EACH DAY, AND NOTHING YOU DO HAS ANY **MEANING**.



THIS MAKES IT **DIFFICULT** TO MOTIVATE YOURSELF TO SEEK OUT **CHANGE** IN THE FORM OF **THERAPY**.





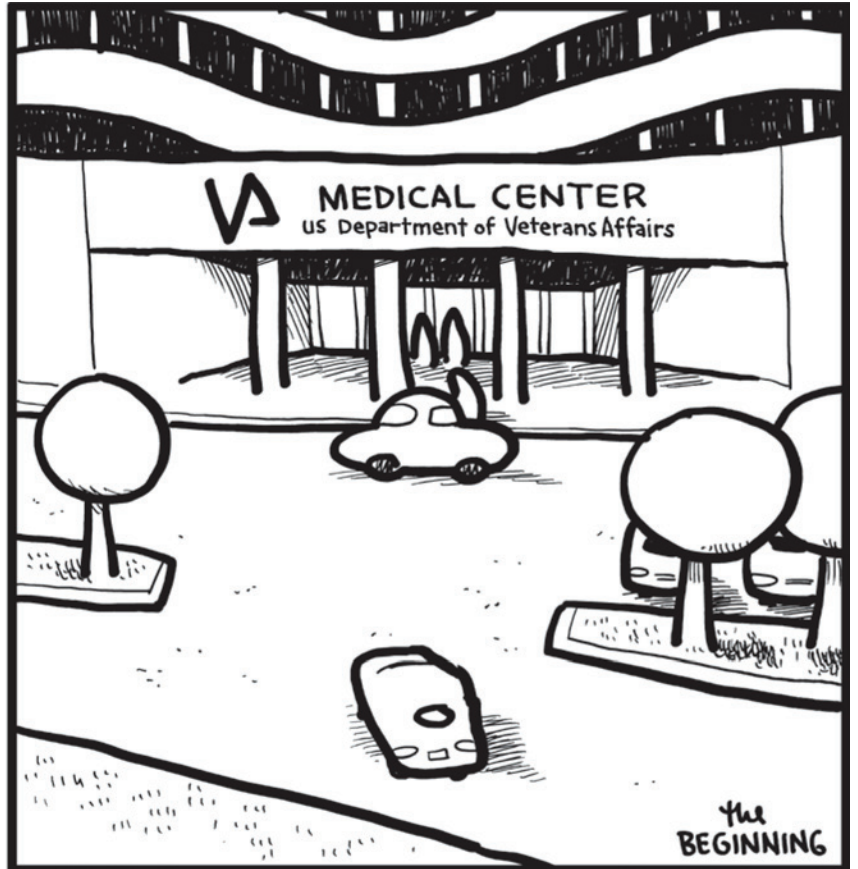
EVERYTHING **TOGETHER** -- THE **ANGER, AVOIDANCE, NUMBNESS, HYPERAROUSAL,** AND THE **TRIGGERS** THAT SURROUND US EVERY DAY -- SLOWLY ADD UP.

THE PERSON YOU USED TO BE SEEMS LIKE A **STRANGER.**

IT'S LIKE THE **SEA** ERODING A **ROCK,** CHANGING IT UNTIL IT'S ALMOST **UNRECOGNIZABLE.**

IT CAN BE HARD TO BELIEVE THAT THESE SYMPTOMS CAN BE **TREATED,** AND THAT THESE FEELINGS NEEDN'T BE **PERMANENT.**

SEEKING HELP IS **BRAVE.** IT SHOWS YOU STILL HAVE IT **WITHIN** YOU TO SAVE THE PART OF YOU THAT IS **HAPPY, FULFILLED, AND ALIVE.**



FOR MORE INFORMATION ABOUT PTSD AND COMICS GO TO [SAGA.SIFT.NET](http://SAGA.SIFT.NET)