

ZANDER CANNON AND DAN THOMSEN

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



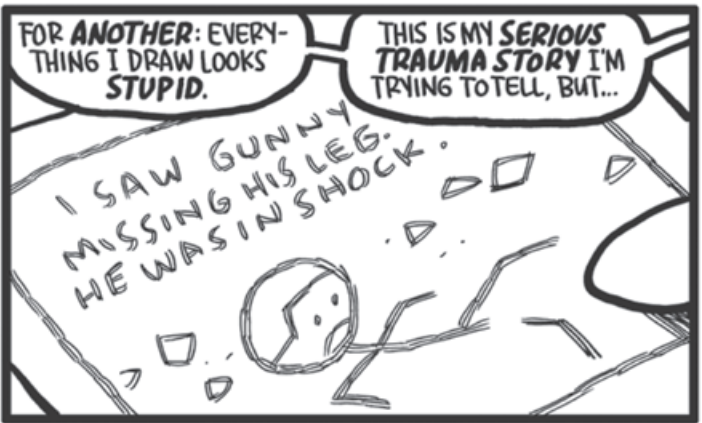
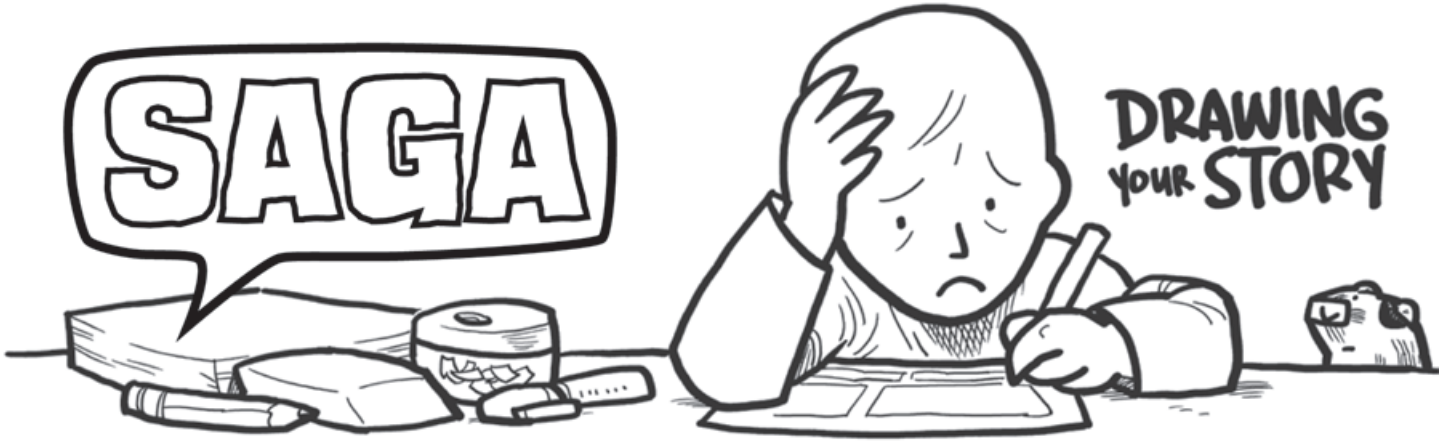
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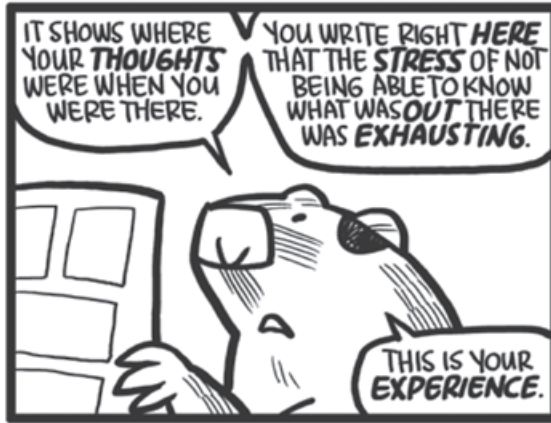
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SAGA

DRAWING YOUR STORY







BORING?



YEAH, WEIRD. HUH? YOU WOULDN'T THINK THAT'D HAPPEN.

BUT AS I SUMMONED UP THE SAME THOUGHTS AND FEELINGS OVER AND OVER, I JUST GOT TIRED AND IT BECAME KIND OF HARD TO REALLY GET QUITE SO STRESSED OR ANGRY ANY MORE.



DON'T GET ME WRONG, THOSE MEMORIES STILL HURT.

BUT I'VE THOUGHT ABOUT THEM SO MUCH NOW THAT A LOT OF THEM JUST MAKE ME SAD, NOT ANXIOUS.



YOU'VE PUT THEM IN AN ORDER, TOO. I DON'T KNOW IF IT'S THE EXACT FACTUAL ORDER, BUT...

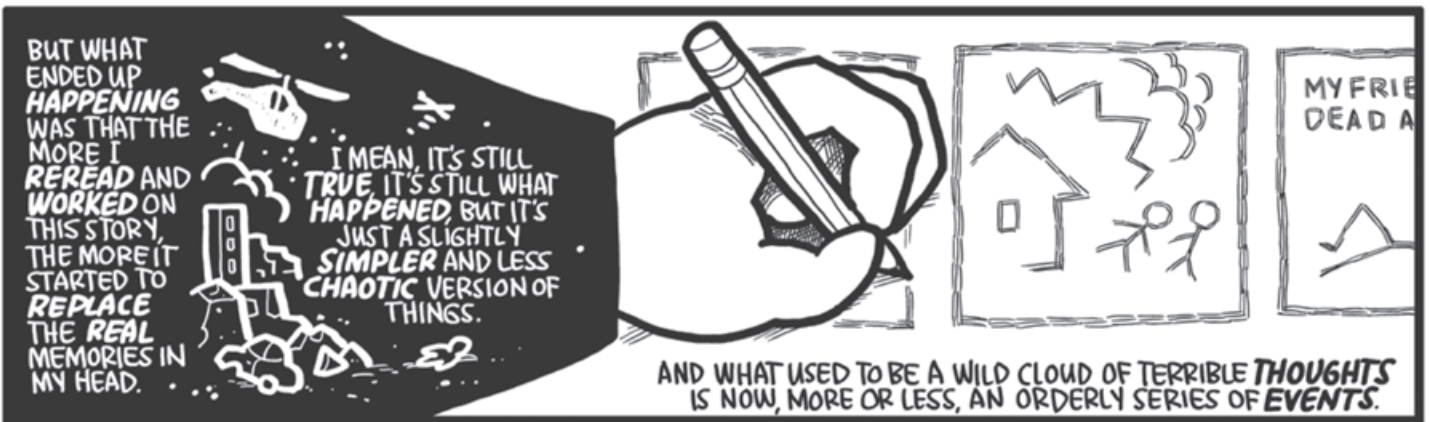
... MAKING THAT KIND OF SENSE OF YOUR EXPERIENCE MIGHT AT LEAST KEEP YOU FROM FEELING LIKE YOU HAVE TO CONSTANTLY ORGANIZE IT IN YOUR MIND.



WELL, AND TO MAKE THINGS FIT, OR GET RID OF SOME REPETITIVE EVENTS, I EDITED THINGS, JUST A LITTLE.

YOU KNOW, TO SIMPLIFY A SCENE, AND MAKE IT CLEARER OR EASIER TO UNDERSTAND.

THE RAID WAS OVER IN WHAT SEEMED LIKE TEN SECONDS.



BUT WHAT ENDED UP HAPPENING WAS THAT THE MORE I REREAD AND WORKED ON THIS STORY, THE MORE IT STARTED TO REPLACE THE REAL MEMORIES IN MY HEAD.

I MEAN, IT'S STILL TRUE, IT'S STILL WHAT HAPPENED, BUT IT'S JUST A SLIGHTLY SIMPLER AND LESS CHAOTIC VERSION OF THINGS.

AND WHAT USED TO BE A WILD CLOUD OF TERRIBLE THOUGHTS IS NOW, MORE OR LESS, AN ORDERLY SERIES OF EVENTS.



BIT BY BIT, I START SEEING IT AS AN OUTSIDER WOULD.

I'M BEING REMINDED OF THE FACTS BEFORE THE EMOTION.



YEAH? AND SO HOW DO YOU FEEL ABOUT IT NOW?

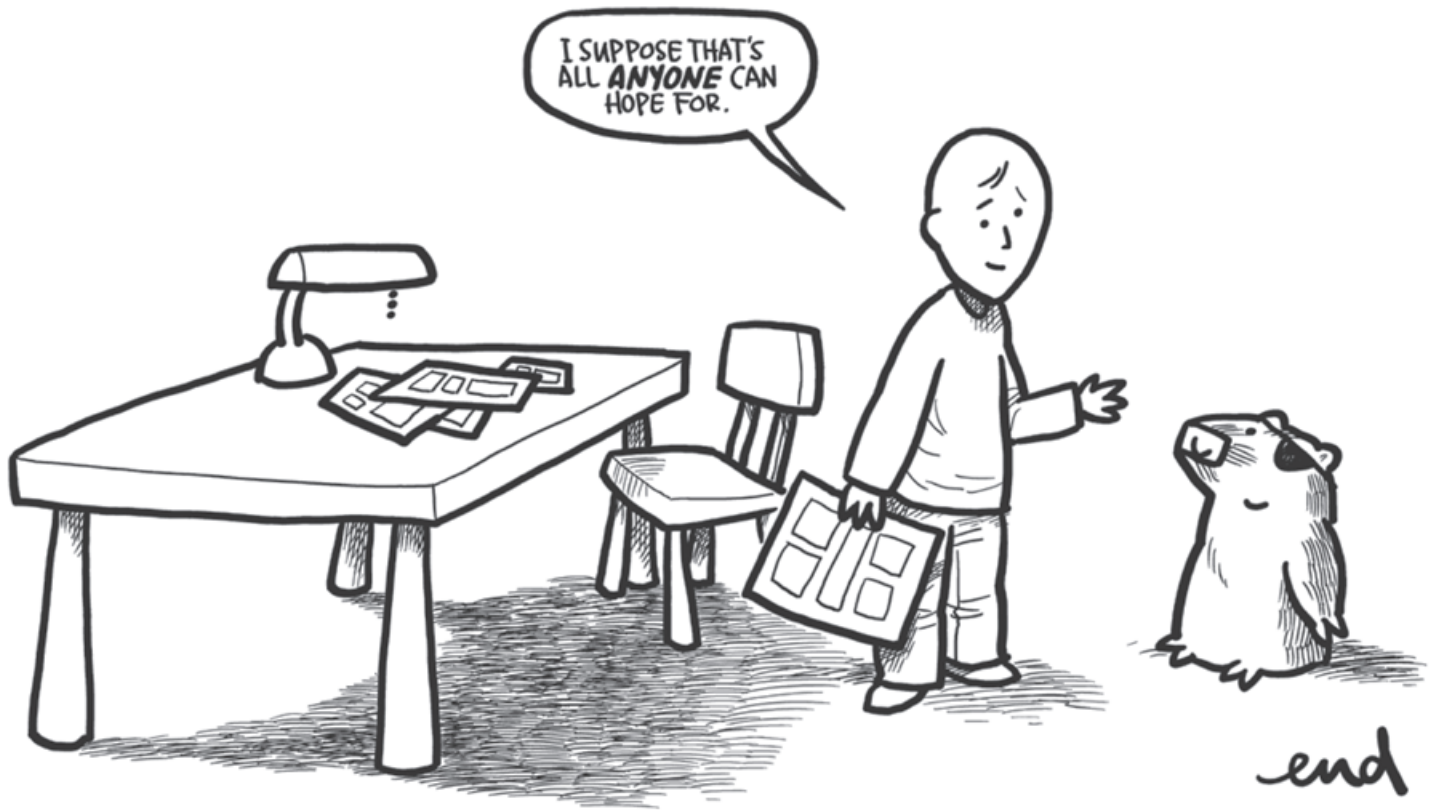


WELL... I FEEL SAD ABOUT THE THINGS THAT MAKE ME SAD, ANGRY ABOUT THE THINGS THAT MAKE ME ANGRY, AND GUILTY ABOUT THE THINGS THAT MAKE ME GUILTY.



BUT LESS INTENSELY...

...AND LESS OFTEN.



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