

Transcript of "Debunking Stigmata's of PTSD and Readjustment Disorder, Call to Action - Oct 31, 2012.mp3"

Transcript of "Debunking Stigmata's of PTSD and Readjustment Disorder, Call to Action - Oct 31, 2012.mp3" - Voice recording, by K. M. Blanchard

For content extraction and inclusion in "Warfighter" manuscript, by K. M. Blanchard

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---- Begin Audio Recording ---

[Kristan]

"Wednesday October 31st, 2012 at 1:31 am, my home in Oregon, Halloween Day.

A fellow Devil Dog gave me a message on Facebook earlier today, uh, J. Bright, in referencing my previous voice recording in what PTSD is, uh, what readjustment disorder is, and stress inoculation. I am going to read verbatim a little part of what he said to me - 'cause frankly its... great.

[J Bright]

"One of the best presented explanations of PTSD or Readjustment disorder that I have ever heard. It presents in a very real light destigmatizing the issue and I hope it encourages others to seek, without the shame and self-critical denial, that is only dangerous to ourselves and others!!!"

[Kristan]

Multiple exclamation marks. And he goes on to say that he is appreciative that I have referenced readjustment disorder. Okay. So I want to talk about that, specifically I want to talk about the Stigma. Or the stigmatism's related to PTSD. Post Traumatic Stress Disorder, okay. I want to state the fact that I will relate to it as a condition, okay, because thats what this is, is an exploratory... endeavor. Okay?

If we say disorder... well our society deems the word disorder... of having a negative connotation. Something is wrong, obviously, hence the "dis". Okay, if we say it's an affliction, that sounds like its a sickness okay? We are afflicted with something negative. I want to be as neutral and journalistic as I can be. We are gonna call it.... simply a condition. Okay?

PTSD is a condition that is extremely intimate, extremely personal... to the person it applies to, and their life. More so than anything else I can think of. [I want to] be absolutely honest with you. It is the most... lateral... broad... maybe even flexible is an appropriate word, for a disorder, or an affliction... a condition...

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that I can think of. [If] we think about AIDS - yeah, it can happen to anybody, but what is is, how it occurs, how it evolves, how it is treated - is not absolutely a simple black or white, but it [AIDS] is a much more linear in nature than PTSD.

If we think about any kind of disease, or situation, or condition, they tend to be much more linear. This [PTSD] is something that is dynamic and as diverse, and possible as complicated as the individual experiences it is. Okay.

I got back from Iraq... twice. Each time, well specifically the later time, in 2009, April of 2009, the Marine Corps, and my Unit... and the Base Command - Marine Corps Base Kaneohe Bay, Hawaii - had gone through extensive lengths to, um... what's a good word for it... condition us, or prepare us for returning back home, okay? We're coming out of a... out of a mission in Iraq, Task For Military Police, where we control large amounts of people. Where we are the ones in control, we are the ones with the weapons, munitions, the gear, we are the bosses - we are the head mother fucker[s] in charge. They are conditioning us to come back home, and go to the mall in Waikiki, or go to the mall in Kailua... or Kaneohe... or whatever, where we are not the head mother fucker[s] in charge. We can stand in a mall and have 400 people walking around us at all times - next to us, touching us, bumping into us, looking at us, talking to us - that shit didn't happen in Iraq the second time!

Okay, we kept distance. People knew who we were and they stayed back. So, the Military went through pretty significant lengths... to help us adjust.. back to... America. Where people don't really care, where people don't really respect your privacy, or space. And people do bump into you, people do... basically ignore you, Okay?

[5 minute mark]

That was very important. So I had known what PTSD was, through out the entire time I was in the Marine Corps. Pre combat, in combat, post combat, back in combat again, and back home again. And I am not the only Marine that was like that. We all knew what PTSD was. By definition: Post Traumatic Stress Disorder. We'd been given briefs about it from our [Navy] Chaplain, so forth and so forth. From community service volunteers, from experts.

I mentioned that before. Army Retired Lt. Col. David Grossman, who [has] wrote numerous books - Specifically “On Killing” and “On Combat”, he'd come and talk to us... about a lot of things. Part of that was, maybe the nature of PTSD.

I got Honorably Discharged in December of 2009. Um, I claimed [VA] disability for my left ankle, I shattered it in Iraq the second time. And, that was it. That was my connection to the VA - that was the only thing I was worried about from the VA. Okay? I got %10, like 127 bucks a month. Cool![It will] pay [for] some gas for the rest of my life. I had no intent or objective to get anything out of the Military

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or out of the VA [Veteran’s Administration], okay? Well, as I lived my life... trying to adjust, back here, back into normal society right?

[I] had my jobs, rather I’m being security for a private company, or I am bar security for the Navy Base - well for The Country Bar on Pearl Harbor. Or rather I am selling cars for Cutter Mazda in Honolulu. Whatever it is I am doing, I am trying to be normal, right? Joe Blow. I have normal relationships - girlfriend I lived with, girlfriend I saw, people I saw, so forth. It wasn’t until.... honestly about... January/February - it was Valentines Day, Valentines Week, of 2010, or 2011, I am sorry - that the relationship that I was in at that point in time - which was fairly serious, okay I was definitely in love with her, Kim, [long pause] uh... dissolved.

And I remember, being there in Ewa Beach, Hawaii, at this house that I shared with... with, well at that point in time I had shared with her [Kim], and her friend Amanda, and.... I was being normal, okay, a normal neighborhood. I got neighbors across the street, kids running around on bicycles, and playing football, and graduation parties and... a park, and pools, and friends, neighbors mowing the lawn, neighbors saying “Hey what’s up?” having a BBQ and having a beer, okay? Normal freaking life. Suburbia America, okay?

I remember her [Kim] leaving there and me being so distraught; it wasn’t so much that she had left me, it wasn’t so much that that particular woman had left me - that was very important to me, very distracting and hurtful to me - but... okay. So be it. That’s life! What I was so caught up in was “Why was I burying another person” What the fuck is wrong with me? So much that I can’t get fucking anybody of any different type to stick with me, to stay with me. She’s afraid of me, she had told me she was afraid of me, and she had blatantly told me that she did not understand... me. Bear in mind this is a woman who was [is] active duty in the [U.S.] Navy. Was she a warfighter? No. Was she a combatant? No. We’ve gone over that. But never-the-less, she had some type of military understanding, and appreciation, and so forth.

[Long pause]

I had mentioned this in this poll, I am going to mention it right now. One of the stigma’s of PTSD, that I have personally felt.... that’s kept me from wanting to get help for it, or kept me from wanting to analyze it, or dismantle it, was that... they’re going to be afraid of me now. Yeah, I want people to be afraid of me. I want those fuckers over in Iraq to be afraid of me. I want anybody who wants to do harm to me, to my country, to my land, to my people - to fear me - like the Devil. I don’t want my mom to fear me. Okay? I don’t want that... single mom in the park... the play structure with her four-year old girl to fear me. I don’t want my girlfriend or fiancée’ to fear me. I want the bad guys to fear me - I don’t want the people I love, the people I don’t even know, the normal people that I protected, to

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fear me - that hurts! That hurt’s a lot. That’s one of the most hurtful ideas or feelings that I have had in my life.

And I talked about this previously in the voice recording [Fear in Iraq vs. Fear at Home - Oct 27, 2012.mp3]. My fears in Iraq versus... well my lack of fear in Iraq, really, versus my fears here in America - back home.
[10 minute mark]

I fear people... me, loving me, fearing me. I fear that more than I ever fear some Hajie trying to cut my head off!.

[Long pause]

It’s very detrimental. That’s a stigma... that is... a perception, that I have had. It wasn’t until she had left that I had spent a lot of time thinking, and crying, and screaming, and hating myself. I remember sitting on the porch, feeling completely alienated from this entire fucking world that I am seeing here, and these people mowing their lawn, doing the mail, and these kids running around on bikes, and these boys flirting with girls, and... all this normal stuff. I hated everything I saw, I hated every bit of it, I hated the damn mailbox, I hated the fucking grass across the street. I hated my roommate's fucking car. I hated the fact that I walk inside and there are dishes inside.

All these aspects of normal life, I fucking hated. I wanted out. I wanted back in Iraq again - [You] should not have taken me home. I felt like this when I left my wife when I was active duty. After the first deployment. [The] only thing I wanted to do was go back to Iraq, fuck this! I am done. I should not have come home. I should have either died there, [long pause] or [I] should have abandoned my unit in the Marine Corps, or I should have stayed there. I should not have fucking come home.

Those feelings came back in a very real sense, a very powerful sense to me. I felt alienated, like I did not deserve... my environment, I did not deserve... my friends. Like I did not deserve to the relationship that I just lost. I didn’t want to be here, I didn’t relate to these people [normal society].

I felt alienated, so I wanted to destroy it all [everything I saw]. I wanted to go back to war. You think war is hell. You think war is difficult, you think war is dangerous. I... quite frankly, think the opposite. To me... I’m the king mother fucker over there. That is my land. My territory, my game, my terrain. It’s dangerous for you, it’s hell for you. Conversely your normal life - doing homework, getting speeding tickets, going out with friends - that shit’s hell to me.

[Long pause]

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Well... obviously I can see, from an analytical stand point, that my behavior, that my thought process, that my feelings, were not quote “okay”, not healthy, maybe not acceptable. That was the very first indication that I had... that I [emphasis], me, Corporal Blanchard, United States Marine Corps, had PTSD. That was the first real indication that I knew that I had a problem... of readjusting to this society,. again.

I remember sitting there and crying... my eyes out, and screaming, and I actually broke down and I called my Mother - whom I [have] had a very interesting relationship with my entire life. I have, very much so, been emotionally independent my entire life, and I have very much so tried to protect my mom from the instabilities and the scares and the dangers and the abrasive nature of my life - especially my life in the [United States] Marine Corps. At that point in time I didn't want [to be around or talk with] anyone else other than my mom. I broke down and I gave everything... to her. For hours, on the phone.

And, [long pause] those events ended up allowing me to leave my job, go back across the ocean, and come back here to my family... and... and go about the path in life I have had in the pasty year and a half, which has directly resulted... in me doing what I am doing right now - talking to you, writing this book [Warfighter], writing this blog, doing research. [Long pause] That is how PTSD affected me. That is how I realize... I have it [PTSD] for sure. It means something to me, that this is how it affects me. Now PTSD, [long pause] readjustment disorder... is not an isolated thing. It, it, it's not mandatory. PTSD = you're fucking crazy dude. That's not true. You can be a fucking crazy person, and have PTSD. You can also be a very docile, very calm, very collected, very intelligent, and very useful and capable person and have PTSD as well.

[Long pause]

Okay... think about it like a scale of zero to ten. You can have PTSD and also be the guy locked up in the psychiatric ward who... tries to rip his own skin off. Well... okay. That's extreme, but of course it's possible. [It's] not likely. To be honest with you. What's much more likely is that the people who have PTSD - the 100 thousand, three hundred thousands, half a million, million combat veterans in your country -

[15 minute mark]

[in the] United States of American - that have spanned three, four, five, six decades - there's not too many World War 2 Veterans left alive, but don't think for a second that PTSD doesn't apply to them!. But Viet - Vietnam, Korea, Gulf, the other half a dozen freaking prior, small engagements between - OEF/OIF... more than likely that we all operate somewhere on the lower end of that scale. It [PTSD] affects us... it's visible to us... and to people around us perhaps. But somewhere in the two's three's and four's. It's not likely that we [are] fucking

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sociopathic serial killers that rape and kill everybody. [Long pause] And it’s also not quite likely that we are down there on the one’s. Where... we just kinda don’t have much tolerance for people - [and] that’s really it. It can change, it can fluctuate. I say this not because I have some PhD. in whatever, I say this because I’m a real human being whose articulate and I know my feelings, I have seen my life, I have seen it change in me, fluctuate back and forth. There have been times when I have been up there in the four’s and fives’s - stay the fuck away from me.

[Long pause]

So I don’t know whats going on here, and I don’t trust myself and I don’t trust you. There have been times when I have been a one and a two. Hell there have been times when I... have probably been a zero. We must think about this in a very lateral sense. This is not simple, this is not one plus one, there are a lot of stigma’s, okay.

Going back... to my friends... comment... about my prior post about what PTSD is, I want to talk about [what] the stigma’s of them, okay. I made a poll on the community input page, discussing some possible [emphasis] stigma’s - possible things that could keep perceptions, that could keep... people, either the loved ones of somebody who may have PTSD or the person themselves - from raising their hand and saying “You know, I might... I might have PTSD. I might have readjustment disorder. Or my Husband might have PTSD”. Okay? So forth.

For instance: a stigma - about PTSD - is that others will not understand... me, or they will be afraid of me, or I am therefore weak. Weak as in I have... I... I have lost strength, or I am a wuss, or I am a coward. If I have PTSD, I am a coward!

[I’ll] tell you what, if anyone ever tells me that, I’m gonna knock you the fuck out! It’s ridiculous! You are talking about people... who have developed these disorders - if you want to call them that - from being selfless, from being brave - at the very least [emphasis]! And at the most, from being distinguished... war Heroes, at the most. So let’s abolish that whole idea [long pause] - that if I have PTSD, or if I raise my hand and say “I might have PTSD. How can I learn more about it? How can I get help?” That I am [therefore] a coward. [Long pause] No. Not acceptable!

[Long pause]

Another stigma is that this person - myself, my husband, my wife, my who ever - is using PTSD as a scapegoat. Maybe PTSD is a lie, and therefore they are lying. They are just trying to get people to feel sorry for them. They are just trying to get their voice heard. They’re just trying to stir commotion. They’re just... pessimistic. They’re just trying to get money from the government. [Long pause] They’re trying to take money and tax dollars that they didn’t fucking earn. Okay?

Stigmas. That's the point of this [Warfighter, and this voice recording] - is to[long pause] squash these. Remember, just like J Bright said, these stigmas are dangerous - most to ourselves, and certainly to other people. [Spitting sound] It [stigma's] keep's us from getting help [for/with PTSD]. Getting that help might be what makes us stay down in the one's and two's our entire life. Listening to these stigmas, being afraid of these stigmas, [long pause] self doubting, denying... our own help.

[20 minute mark]

Could be what causes us, to go, to go down a path that leads us to being that insane, psychotic, unreliable, and dangerous... person.

Honestly. If my Father... would have had as much help as I have had... or had the resources, or the abilities that I have had, in dealing with war, [and] dealing with killin[g] somebody, and dealing with PTSD - my life, mine [emphasis], the twenty years I spent here, the eighteen years I spent here before I left to the [United States] Marine Corps would have been drastically different - my families dynamic would be much different. The man [my father] would be a whole lot different than he is now. He's been battling with it - he's sixty-six years old - and he has been battling with PTSD from [the] Vietnam [war] for three-quarters of his damn life!

[Long pause, footsteps, heaving breathing]

So it's important. It is absolutely vital, if you love somebody, if you care about somebody - even if you don't give a shit about somebody but you have some decent... respect, kindness, and curtesy... to try and get help, to try and bring awareness to somebody. To yourself [emphasis], if it is you [having PTSD]. Maybe to your your loved ones, if it is you [having PTSD]. Maybe to your loved one[s] because it is them [having PTSD].

Other stigmas: The person's ability to make a living... with be threatened. "I might lose my job, man. If, if, if I raise my hand and say I have PTSD, holy shit! You know? I mean... I drive a school bus, or... I'm a school teacher, or a gym coach!" Or whatever.

[Long pause].

Maybe, if I have PTSD - and this relates to me [emphasis]. And I, I - how often did I run around some war-torn country with a machine gun on my chest, and how often did I get shot at? Now, if I come back and I say "Oh I have PTSD" there not gonna [sic] let fucking touch guns anymore, man! [Long pause] I'm not gonna [sic] to say it's not true. I'm not gonna [sic] to say it is [emphasis] true either!

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But it’s a stigma, it’s something we have to be able to risk, it’s something we have to be able bring light to. The idea that we can not now somehow be trusted to do something that we could be trusted [to do] before - it’s bullshit!

[spitting sound - strained voice]

If anything, my PTSD - my Post Traumatic Stress Disorder - will allow me to operate under grave dangers, with weapons, and make distinctive decisions - difficult decisions - in the heat of the moment. [Long pause] Far better than you could [someone that’s not a combat Veteran]. Far better than some healthy person [“normal” or not having symptoms of PTSD/readjustment disorder]... could.

How many healthy people can raise their hand and say they can, successfully, navigate a situation with a child and a grande? Well there’s an easy response to that: “Kill that fucking kid!” And there’s another easy response to that: “Get the hell-outta Dodge!” There’s a much more difficult response: deescalate [heavy emphasis on “de”] the situation, and attempt... to take the grenade... out of the kid’s hand[s].

These are things that are very real [tremor in voice]. If you’re a Veteran - if you have been in combat, [audible scuff] you probably have the chills right now.

[Long pause]

I don’t blame you, so do I.

[Long pause]

There’s a stigma... of self-doubt... “if I have PTSD, that makes me not... okay - I’m sick, I’m not functioning, I can’t do my job. I am thus... not worth anything, anymore.” [Long pause]. “Well, what am I good for? Who am I good to? Who am I good to? That scares me!”

Again, I’ll say bullshit [emphasis]!

[Long pause]

We have to be able to identify these stigmas, we have to be able to realize they are [emphasis] stigmas. And Society - when I say “we”, I am talking about us Veterans. [Long pause] Now to be very distinctly clear, society has to understand these perceptions, and step very carefully, [long pause] because these aren’t always so clear, they’re not always so easily identifiable as wrong, or incorrect. Often times, theirs a decent reason for why we perceive these things [stigmas] to be true. [Spitting sound] And the things, that other people - that society, that our

infrastructure, that our media, that our friends, that our family have done, maybe... subconsciously, or maybe inadvertently,

[25 minute mark]

maybe indirectly, that have caused us to perceive... these stigmas - these debilitating... perceptions - that are... that are keeping us from getting help. [Help that we fuckin[g] deserve. Sometimes these people did things on accident. They didn't know... they didn't know that, that, they didn't know that their actions, or their words, or behaviors... would make you perceive these stigmas. Or maybe they did. And God save you if you did. [Long pause]. So society, I would submit to you, that society... as a society, we need to be aware. Of the fragility and the sensitivity of the situation. Tread carefully, [long pause] but tread purposely. Be very distinct, very cautious, very respectful, of how we tread. And make sure that communicate [emphasis]... to our loved ones! To our leaders, to our Veterans, to our subordinates, to other people in our society, we need... need to make sure we communicate our intentions, [long pause] clearly.

"Hey hun, hey husband, hey wife, hey son, hey daughter. I don't really understand what ya [sic] did... in the Military. And I am thankful for it [what you did]. But I do - I do understand that it changes your emotions. Things here at the house have been a little bit rough. I don't think you're weak. I don't think you're bad, I don't think you're stupid. I don't think you're a wuss, or a coward. What can I do [emphasis] to help you?"

That is the kind of tone that needs... to be expressed! Ignorance... is not acceptable. The excuse, the idea, the notion, that "I didn't do anything wrong, I didn't do anything to hurt anybody, I didn't do anything to debilitate anybody, [be]cause I just didn't do anything" is okay. No! Ignorance is not an excuse. [Long pause] You can't be a Commander in a Military Unit, and ignore a problem, and use that [ignorance] as a fucking excuse, for why all your men are dead! For why the mission has gone... south! [That's] dereliction of duty.

[You] have to be proactive. Not being active, [long pause] being inactive... being passive, ignoring, burying, throwing out the trash, doing something... to ignore the situation... is the same - just as bad - as taking actions in a negative fashion - to be damaging [malicious]. We [society] have to be proactive to understand. Well it's very difficult to... be proactive about a situation if you don't know the parameters of the situation - if you don't know the nature of the situation. You have to actually know... how to read, the land. How to read people, how to read the situation, and how to take a step, take a step forward. Make sense?

You cannot navigate a land... or a mine field, without knowing where the fuck the mines are! That's not navigating the mine field, that's getting your ass blown up! So, part of my exp... part of my intent here in this exploration [Warfighter] is to start from the ground, baby steps first. We need to identify some of the

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parameters of PTSD - the behaviors. Some of the parameters of... how we can... not... damage... the person with PTSD, or not damage their relationship or their interaction with or [their] perception with... of society. How we can avoid - once we establish what some of these possible stigma’s are, and theres more of them I’m not a genius here, I am not reciting everything, but these are ideas. Once we figure out what these stigmas are, and identify them we can then go and seek... plans of action, plans of attack, that are going to allow us to mitigate these stigmas, or fucking eradicate ‘em [sic]. [It’s] very important.

We have to know... the cut - type of game we are playing before we can play it. We have to know the rules, we have to know the terms. We have to know the signs; as much as possible, we can’t know everything. [Lights a cigarette}

[Long pause]

I... am extremely appreciate, for the attention that’s been given, to this blog,

[30 minute mark]

to the content here, to my words - in the past day. I am very grateful, to my friend here - [the] Devil Dog who gave me this comment [J. Bright]. Having said that... I submit to you, and I candidly ask you... think of it as a Call to Arms - because you do have a responsibility here, you do have actions, you do have [long pause] weight... in your motives and you’re words here. It’s a call to Arms, or a call to Action. We need to... I need your input. I need you to interact. I need you to submit. I need you to give me... feedback. I need you to help assist... me. And allow me to help and assist you. [spitting sound] Therefore allowing us, to help and assist us, I need[ed] his [J. Bright] feedback to realize that there is such a stigma here. And if it applies to my friend here. Then it applies... to another friend of mine, and another one, and another... 500,000 of them! [Lighter flicking sound]

[This is] my Call to Arms, my Call to Action for you, is to interact, and give feedback. To interject, give input. The smallest amount, or the greatest amount. [Long pause] That way we can help each other [emphasis] out.

Never leave a man behind right? I never left a man behind, and they never fuckin[g] left me behind either.

[Long pause]

So yes. I am telling you that you have a responsibility. I am telling you that we as a society, as loved ones, as spouses, as co-workers, as friends, as the person them self - the Veteran them selves. We have a responsibility [spitting sound]... to... each other. We are interconnected. This is a very intimate, and very personal [audible, deep long inhale]... condition. [Long pause] But it by no means affects only us [emphasis], it affects everybody we know, everybody we love, everybody

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we... care about, and we talk to. And then it [PTSD] affects they people they love and talk to and care about.

Help, treatment, and mitigation, for PTSD, can be spread in the same manner. [Long pause] It will spread in the same manner, for good, or for bad. [Long pause] So talking, word of mouth, bringing awareness too, digesting and internalizing in our own words and expressing in our own words, [in] our own life, through our own eyes, to other people, is a form of treatment... it is a form of help, it is a form of mitigation. It is a form of making us... Veterans, it is making... it is a form of making us... spouses, family members, and friends, and us as a society, as a society... stronger!

Don't leave a man behind!

[If] you have something to say, I challenge you - I realize it may be difficult, and maybe... you may be scared because you can listen to this information you can read this information, but you don't have to identify with it by making your self known. And if you leave a comment or you leave an email or you do something to say “I read your information, and this is what I think about it - how it applies to me.”It's like your standing up and saying “Yeah, I have PTSD too.” And all of these stigmas apply to you then

Well, there is strength in numbers. Like my friend here came out and thanked me! And told me what he felt. And told me what he'd done in the Military, and told me that he hopes it allows other people to get stronger and talk about it [experiences in the Military, and PTSD] as well. It's very important!

What if I had a hundred of him? Or a thousand of him? How much easier would it be for another person to be like “Okay. Yeah. Hey man, that applies to me too, what can I do about it?” [long pause] How can we help each other? It' a team effort, so I will ask you to reply, to give comment - in which ever nature you need to. [There's] a lot of ways to get a hold of me, there's a lot of ways to get ahold of each other [Veterans, family, friends].

And my goal is... is to make as public, and broadcast-able [sic], or viewable, to as many people as possible, as many, as much content, as possible - all of my content, and as much of the comments and feedback as I get -

[35 minute mark]

as you allow me to use, I will make public too!

We can help each other. We can not [emphasis] leave a man behind. Not in war. Not in combat. And not here at home [noticeable increase in voice intensity and fluctuation]. That is up to us. No, we don't have some dude... coming to my house and trying to blow me up and kill me, I'm not in danger, not in combat - but never-

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the-less we can still leave people [Warriors, Warfighters, Soldiers, Marines, Ect] behind here. Help each other. Help me. Allow me to help other people. Get this [PTSD, Warfighter] known about... get the exposure here - the sky is the limit.

[Long pause]

Help yourself, okay?

[This] is extremely important, to everybody. To the vitality, and health of our nation, of our Military, of our people - as independent people, as independent operators. It is important to our... future generations. It is important to our kids. [Long pause] Because they will feel your wrath. Good or bad. They will feel the effects of your life, and your PTSD!

So for generations to come, you can shit on them and ignore this... or not care about it, or be too afraid to do anything about it. Or you can protect our children, born or unborn, from future generations, future societies, tomorrow, the next day, [lighter flicking sound] fifteen, twenty, a hundred and fifty years from now - by getting this out there as much as possible.

--End voice recording.--