

SOLDIER: I HAVE PTSD. ONCE I WAS BACK FROM IRAQ, I WAS DISTANT FROM EVERYBODY IN MY FAMILY. WE HAD A REUNION OF OUR UNIT AND YOU HEAR THESE SPOUSES SAY, 'IS YOUR HUSBAND DOING THAT? MY HUSBAND IS DOING THAT TOO. I THOUGHT IT WAS JUST US.' REALLY UNDERSTANDING THAT, HEY, THIS IS A COMMON EXPERIENCE.

WIFE: I LEARNED MORE TO LISTEN TO WHAT HE IS SAYING AND IT MADE IT EASIER FOR ME TO UNDERSTAND WHERE HIS PAIN WAS COMING FROM.

ANNOUNCER: ***RESOURCES ARE AVAILABLE FOR MILITARY FAMILIES. LEARN MORE AT REAL WARRIORS DOT NET.***