

## **Post Traumatic Stress Disorder to Post Traumatic Spiritual Disorder**

<b>Stress Symptoms</b>	<b>Human Response</b>	<b>Moral Issue</b>	<b>Spiritual Disorder</b>	<b>Goal of Transformation</b>
<b>Hyper-vigilance</b>	<b>Misunderstand</b>	<b>Uneasy Conscience (unforgivable act?)</b>	<b>Secret Keeping</b>	<b>Accept past</b>
<b>Numbness</b>	<b>Indifference</b>	<b>World's Pain (challenge to self-image)</b>	<b>Loss of Voice</b>	<b>Listen in Present</b>
<b>Re-enactment</b>	<b>Cruelty</b>	<b>Will it happen again?</b>	<b>Separation</b>	<b>Speak for Future</b>

First column:	The three main symptoms of PTSD
Second column:	The absolutely guaranteed human response veterans will get if they try to talk about war and trauma with those who have never been there!
Third column:	There is always a fear that we might call a moral issue where one tries to assume responsibility for the rest of the world.
Fourth Column:	<p>The three main symptoms of PT Spiritual Disorder. Note that one can read across the line.</p> <p>We are hyper-vigilant to keep safe, but that is misunderstood by many as perhaps "controlling." Some of our hyper-vigilance may arise from questions about whether what happened was "right" or "wrong." For whatever reason, one decides to keep the past a secret.</p> <p>We are numb because the feelings are too uncontrollable, but we are perceived as uncaring. Perhaps our numbness arises because we do not see how we could have possibly done what we had to do to survive. So, with our numbness and inability to express our feelings we lose our voice as beings with feelings that need to be expressed as part of humanity.</p> <p>We are scared that what occurred will re-occur so we take pro-active measures, avoiding crowds perhaps. Our pro-activeness leads to ridicule when we do not participate in the events of life, like family gatherings or parties. Our motive is protecting those we love and the way that seems to work is to apart from people that might be our enemies.</p>
Fifth column:	Suggested outcomes leading to healing.