

A Walk Through PTSD

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PTSD AND MY BRAIN ARE MAKING NIGHTMARES AGAIN!

MY NIGHTMARE STARTED LIKE THIS.....

Turn the corner

Hand tenses

Looking down the iron sights I see an object fall

"Tango down" I call over the radio

what was his name? Tango, Threat, Terrorist, doesn't matter.

Explosion

Mud brick wall vaporized into dust

Keep going

Out of breathe

Keep going

Hand tenses

"Tango down"

Does it have kids? A Family? Threat eliminated

Round the corner

Hand tenses

"Three tangos on west building roof top"

Bullets from my brothers whiz by my helmet

Return fire

"Take Cover!"

Sweat drenched face fogs up my goggles

Explosion

Brick pieces pummel my back

Ears ringing, faintly hearing

"Alpha down, Medic!"

Blurred vision, equilibrium thrown off

Raise my rifle

Hand tenses

Silhouette falls

"Medic!" heard faintly
Hand tenses
"Are you okay?" sounds distant
Hand tenses
"babe?" getting louder
Hand tenses
Hand tenses
Wake up
Sheets heavy with sweat
"Babe, are you ok?"
Throwing the blankets I jump back to the edge of the bed
Her frightened face
I've seen before
I look down
Hands tense
Same look, no tangos
No threats
Just Ghosts
P.S. I STILL SMELL THE BURNING BODIES AND SMOKE AFTER I AWAKE
FROM EVERY NIGHTMARE!