

Tip Sheet: Talk to a Trusted Friend, Family Member, or Chaplain

Having someone hear about your traumatic event helps heal the hurt, so share your feelings with a trusted friend, battle buddy, family member, or chaplain. When you share with a good listener, you feel less alone, and painful feelings begin to lessen. Talking about panicky feelings can help the panic shrink; talking about angry feelings can help reduce the anger to a manageable level. When you talk with family or friends, you don't need to relive every detail of the trauma or bring up the memories that scare you. Instead, talk about the parts of the event you're comfortable remembering.