

PTS
(Post Traumatic Stress)
doesn't need to ruin
YOUR LIFE
or
YOUR FAMILY'S LIFE



John 3:16
Point Man
International
Ministries

Check List
(Check what applies to you)

Sleep Disturbances

- Unable to remember dreams?
- Watch TV until late into the morning?
- Do you stay awake as long as possible?
- Wake up often during the night for no reason?
- Have nightmares; dream of being shot at or pursued?

Avoidance of Feelings

- Feel “hollow inside”?
- Feel “emotionally numb”?
- Feel detached, aloof, “emotionally dead”?
- Seem to be cold, uncaring, even ruthless at times?
- Unable to feel love or compassion for others?
- Unable to experience either the sorrows or the joys of life?

Restlessness/Listlessness

- Numerous changes of address?
- Don't know why you even exist?
- Ever drive about aimlessly when angry?
- Chronic job-hopping/unstable work history?
- Desire to seek refuge by moving away from the problem?
- No feelings of direction, meaning, purpose or significance in life?
- Have you lost interest in work or other activities that you used to enjoy?
- Ever feel like nothing's been going right and “it's been like that for a very long time”?

Isolation/Alienation

- Had many broken relationships/divorces?
- Desire to live a life as a hermit?
- Experience lack of social contact?
- Have few acquaintances, even few friends?
- Desire to seek refuge by moving away from the problem(s)?
- Feel isolated, distanced from spouse/partner, parents, children, peers or others?

Mistrust—Suspicion

Unable to feel secure in intimate relationships?

Do you frequently find yourself questioning the loyalty of friends or relatives?

Are you suspicious of managers, supervisors and so-worker(s)?

Distrust yourself and your ability to “keep it together” much longer?

Always feel suspicious of being “exploited, used or abused”?

Intensely concerned with issues of justice; “right or wrong”?

Can’t deal with “gray” areas?

Have feelings of mistrust towards government officials and mistrust the system in general?

Finances

Is your spouse/partner usually the source of financial stability?

Do you resent promotions and breaks that others got who did not go to war?

Do you feel frustrated because of inability to provide for the family?

Anxiety Reactions

Sleep with weapon(s) within easy reach?

Ever feel uncomfortable standing out “in the open”?

Feel uncomfortable when people walk or sit behind you?

Hypervigilance: repeatably check doors, locks and other security devices?

Do you feel most comfortable with your back to a wall or in a corner of a room?

Do you have a tendency to react under stress with “survival tactics”?

Rage

Ever destroy unanimated objects?

Verbally and/or physically abusive to others?

Punch holes in walls with your fist?

Fantasize about retaliation & destruction?

Strike out at others for no apparent reason?

Identity Issues

Desire to live a life of a hermit?

Lack of confidence in your own abilities?

Do you ever feel like “a reject” from society?

Feel “hollow” like an “old man/woman in a young person’s body”?

Do you like motorcycles because they give feelings of independence, speed, light travel, high maneuverability, low profile, instant acceleration, solitude, exposure to the elements, very loud noise, feeling of raw power, feelings of courting danger and an “adrenaline rush”?

Reductionist Thinking

Give away material things easily?
Able to easily strip away all non-essentials?
Feel the need to “get to the point” in all conversations?
Irritated easily by insignificant chatter (small talk) and all non-essential conversations?
Hoard material and supplies that might be necessary for survival?
Able to leave the area at a drop of a hat, knowing exactly what you need to take with you and exactly where you would go?

Guilt

Ever feel guilty for surviving trauma when others (who may have had more to live for) did not?
Feel guilt that perhaps if you had “stuck with it” a little longer, you could have “made a difference”?
Feel guilt for acts committed, or acts observed without making an effort to stop them?
Feel guilt for returning to the relative safety of home and leaving friends behind that were still engaged in high stressful situations?

Intrusive Thoughts

Ever have “flashback” episodes?
Intense thoughts of “what might have been”?
Ever experience strong reaction to certain sights, sounds, smells or taste?
Have feelings of being somewhere other than where you really are?
Memories of traumatic events ever interrupt your routine thoughts.

Fear & Control Issues

Try to control everything that happens around you?
Fear of people around you trying to control you?

Fear of dying and afraid to go on living?
Fear of surprises or situations over which you have no control?
Fear what might happen if you ever lost control of yourself?

Depression

Ever feel worthless?
Substance abuse? Alcohol abuse? Self-medication?
Difficulty concentrating? Easily distracted?
Feel a sense of helplessness or futility about your condition?

Developmental Discontinuities

Feel that there are “holes” in your developmental stages?

Feel like you “lost something” when you were growing up?

Feel that you will never be able to regain what you have lost?

Death Imprint & Contamination

Think about death a lot?

Feel that you will never, ever get close to anybody again?

Feel that everyone that you get close to is somehow “contaminated” by you, and dies?

Denial

Unwilling to seek help, don’t trust anyone?

Ever feel like “it’s no big deal, I can handle it”?

Do you ever deny that “your experience” could have anything to do with your attitude?

Are you unable to admit that you have any of the above symptoms or that you may have PTS?

Do you deny even the possibility that there may be spiritual solutions to the problem of PTS?

THESE ARE ALL PTS SYMPTOMS

(Per DSM-5: PTSD, Post Traumatic Stress Disorder is PTS)

How The Body Deals With Overwhelming Pain

The human body has been designed with protective means to automatically cope with severe, overwhelming pain. When a person experiences overwhelming physical pain, the body automatically goes into state of shock, and in life threatening situations, may ultimately go into comatose condition. All non-essential physical functions shut down in order for the body to focus on dealing with the physical trauma it has experienced. The body does this automatically without being told to. If the body were not to react automatically in this way, the pain would be so intense the body would succumb to it and die. Interestingly the mind usually continues to function even when the body is in a coma.

God has instilled in the human mind a way to cope with severe, intense mental stress. When a person experiences overwhelming mental trauma or distress, it suffers a “nervous breakdown”, which may even lead to a “catatonic” state. The body is awake, the eyes are open, but the mind shuts down as it tries to deal with extreme mental trauma it has experienced. This natural way of insulating the mind from overwhelming mental anguish protects it from the mental strain which would otherwise reach unbearable levels. It is not unusual for the people to die from overwhelming emotional trauma.

The spirit of man, his emotions (soul) and his conscience also have a way of dealing with the horror of moral pain or spiritual trauma. The body continues to function, and the mind also is able to function, but man’s spirit is deadened, his conscience becomes callused and his heart becomes harden. In the absence of these key aspects of humanity, behavior is typified by lack of any evidence that these important human elements are functioning. This one view of what might be happening to someone experiencing PTS.

If nothing you have tried in the past has worked, or may have even made things worse, then perhaps it is time to take an entirely different approach to the problem of PTS. There are always alternative interpretations for the nature of a problem, and therefore more than one strategy for intervention.

When did Traumatic stress first begin?

One of the first known causes of traumatic stress is recorded in the Bible of Genesis, chapter four. Cain killed his brother Able, and tried to discount the severity of his crime. He experienced denial of his guilt. The result of all this was immediate alienation from God. Cain became unable to do productive work (**Gen. 4:12**). He became restless, felt overwhelmed with fear, and helpless in the face of potential attackers. He wondered about aimlessly. ***“For ALL have sinned and fallen short of the Glory of God”***, (**Romans 3:23**).

In God’s eyes, the murderer is no more guilty than the liar; ***“Whoever shall keep the whole law, and yet offend in just one point, he is guilty of all”***. (**James 2:10**)

The prophet Isaiah, tells us that God is a reasonable God; ***“Come, let us reason together saith the Lord...”***. Moreover, he tells us that he has a solution for our feelings of guilt as well as for our actual guilt. ***“Though our sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool”***. (**Isaiah 1:18**)

The Bible says that the wages (payment) for sin (guilt) is death (**Romans 6:23**). The **53rd chapter of Isaiah** says ***“...all we ‘like sheep gone astray...’ but the Lord had laid upon Him (Jesus) the iniquity of us all”***. The debt for all the acts committed in war, all your guilt, shame and sin, were laid upon Jesus and His death paid it all.

Why Did God Do This?

“For God so loved the world (me and you) that He gave His only begotten Son, that whosoever believeth in Him (in what He did by dying on the cross) should not perish, but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved. He that believeth in Him is not condemned, but he that believeth not, is condemned already.” (**John 3:16-18**)

If Jesus paid for ALL your sins on the cross, how many sins do YOU have to pay for? This is salvation, and it is a gift from God should you choose to believe in Him.

Why carry your guilt any longer if God has already made provisions to get rid of it? Simply ask God for forgiveness based on the provision that His Son, Jesus, made on the cross to die for ALL of your sins.

There are many other issues in life to deal with, guilt no longer has to be one of them. It’s time to come out of the darkness!

IT’S TIME TO LIVE

For more information call:
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