

COMBAT STRESS 100

**LEARNING RESOURCE 5b
PTSD & MORAL INJURY**

**Thoughts & Poems
by students from
Convent of Jesus & Mary Language College**

BLEAN

'I Saw Him'

I saw him, he saw me.
His eyes screaming for help.
Should I? Should I not?

The constant battle of what is right.

He saw me, I saw me...but in him.
I felt his hunger, I felt his pain.
I felt his cry for help.

But yet the right thing to do
Danced at the back of my head.
It took me back to what I once called home.

I remembered. Fear.
The fear that people who are meant to keep me safe,
Will fail.

LILY

'Davina'

You lived every moment like it was your last.
It could be gone in the blink of an eye.
This could be the last breath.

I remember the smell, it smelt of rotting flesh.
I can smell it now.

One day we got shot at.
We ran for cover and ran through a minefield.

I felt embarrassed.
I should have known better.
I shouldn't have switched off.
Should have concentrated more.

Thoughts about Moral Injury

If I saw someone die in front of me, for example, by getting run over, I would try and do anything I can. I would call 999 or an ambulance but as they are already dead, I can't do much to help. I would feel helpless and I would be scared, due to the graphic thing I witnessed. I would feel sorry and sympathetic for the person and their family and their friends.

RUBY

'Untitled'

You have to fly in then drop down
Either that or get shot down
What am I even here for?
It smelled like rotting flesh
But you'll get used to it
Just go back to being jolly
It's your primal instinct
I'd wake up and be in floods of tears
I'd wake up and then get fed up
I beat myself up
I feel stupid
I let myself down
I'd let everyone around me down
What a bad soldier
I'll walk
I'll walk
I'll walk
Give me a new lease of life
Just be quiet.

HANNAH

* *There is no audio recording to accompany these paragraphs*

Thoughts about Moral Injury

I think the quote “waking up in tears” really captures the essence of Davina’s story. It shows how the traumatising and everlasting situation she was in has taken a toll on her life and that she can never fully recover to her former self. It also gives us an indication of how painfully the recurring scenes that play in her head must affect her.

I also chose the quote “what’s going on” as this tells us how truly horrifying and life-changing her experience was and that she’s lost all indication of reality and can’t differentiate between the two. This gives us a small insight into her trauma and PTSD as it signifies her loss of reality, which must be truly indescribable.