

## **The Anonymity That Is... NOT**

Chair 11. Narrative.

Title: **PTSD (Trip Wire)**

Post Traumatic Stress Disorder...aka...after something really-bad happens, you're now permanently messed up. WTF?

The trip wire refers to the triggers that sets this off. The traumatic event has physically re-wired the brain. The affect on the psyche is now permanently ingrained. The coping mechanism learned, may or may not be the most-healthy response for oneself or others around.

Verbal abuse, physical trauma, sexual assault, war injury, and/or all the similar mental or physical dynamic impacts.

The heart, mind, and body are now in pieces. Some parts are broken, some are missing entirely.

How to function without a necessary part? How to transcend this loss, or shame, or guilt, or depression or... outrage? How to stop reacting and start responding?

How do I go back to before the IED went off in the face of my life?

I have to gather up the pieces left and make the effort to reassemble, to build...  
the "new normal".