

PTSD

It runs in the family

It isn't just a combat thing

**This is one family's story
of quiet transmission**

Children

Being bullied

Being hurt

Being ill

Living with violence

Losing a parent,

**Living in a home
where moods change
without warning**

Adults

Sexual, physical assault.

War.

Serious illness

Accidents. Disasters.

Bullied at work

Losing someone.



A proper job, a trade for
after the war.

I've got it all worked out..!

I'll have a trade.
Electrician

'But Rod, the baby! What
happened to never volunteer

Guns, bombs and bayonets
People die

When have your
schemes ever worked?

It'll be me picking up the
pieces!

THE FORGOTTEN ARMY

One Soldier's Journey: July 1940 – June 1945

Five years, three continents, thousands of miles from home



He brought the jungle with him.
Like a wild animal.
Only his Mum could control him

Mood Changes It's like walking on eggshells

Concentration Never finishes anything

Restless Can't sit . Bloody pacing - up & down

Detached Sometimes it's like you aren't there

Born: 23rd April 1941 Felicity's story

I remember

1945 'This is your father'

I was frightened

He was brown and skinny

I knew what to do when he got mad.
Sometimes I could quieten him down.
He was horrible to Mum tho
I tried to stop him from picking on our Keefy
It worked sometimes.

I married young, a nice quiet, gentle man.
No kids, we decided.
I keep the family together.
Stop the arguments at work. I'm good at that.
Keep myself to myself

Born: 27th March 1946 Keith's story

I was in trouble again at school.

It didn't seem fair

Adrian Hayward was teasing Siboney Cole,
made her cry.

We had a fight, and it was me who got told off!

Dad came home from the pub all happy.

Then he watched War in the Air and got all moody.

Called me Little Half-Yank.

I said,

Don't call me that

He chased me up the stairs,
smacked my legs on every step.

Left, right, left, right

Be a brave
soldier
Big boys don't
cry

*I liked the **Sweets-on-Thursday-Dad***

*I hid from the **Back-from-the-pub-Dad***

I left school at 16.

Left home, got a grotty flat.

Don't go home much

Go to see Mum in her shop.

I'm determined I won't be like him

What is PTSD

Post Traumatic Stress Disorder

Your body stays on high alert
long after danger has passed
past breaks into the present

TV Film Sights People

Sounds

Thoughts

Scents

Places

Photographs

It is inherited

Children

**Living in a home
where moods change
without warning**

Eldest child

The lost child

Invisible

Dreamer

Middle child

Confronter- Fighter

Troublemaker

Anger management

Third child

Hero Achiever

Peacekeeper

Mediator



And their children

I was good at my job.
Reliable.
Never late.
Promoted

And then that meeting...
The boss is talking rubbish

I told him so

He says
I'll ignore that for now.
Calm down.

My heart's racing
My hands are shaking.
Don't talk to me like that

He fired me. There, in public

So, I punched him and walked out

It's happened again

Want to know more? Click to watch videos



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Trauma and the family

What We Inherit - PTSD Series

- Issue 1: Family (this zine)
- Issue 2: Emergency Services
- Issue 3: Healthcare Workers
- Issue 4: Relationships
- Issue 5: Abuse Survivors
- Issue 6: Treatment Options

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