

# PATHS TO RECOVERY FOR MILITARY SEXUAL TRAUMA

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For more information about the SAGA program to help veterans with PTSD see  
<http://www.sift.net/research/health-and-telemedicine/saga>

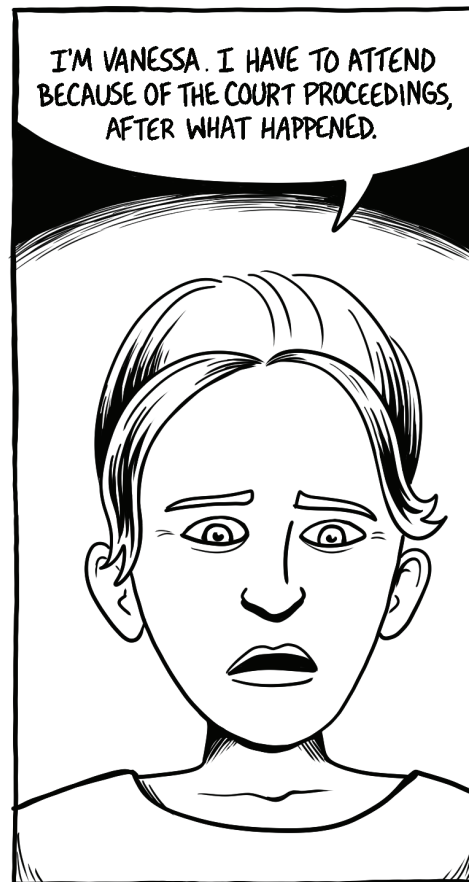
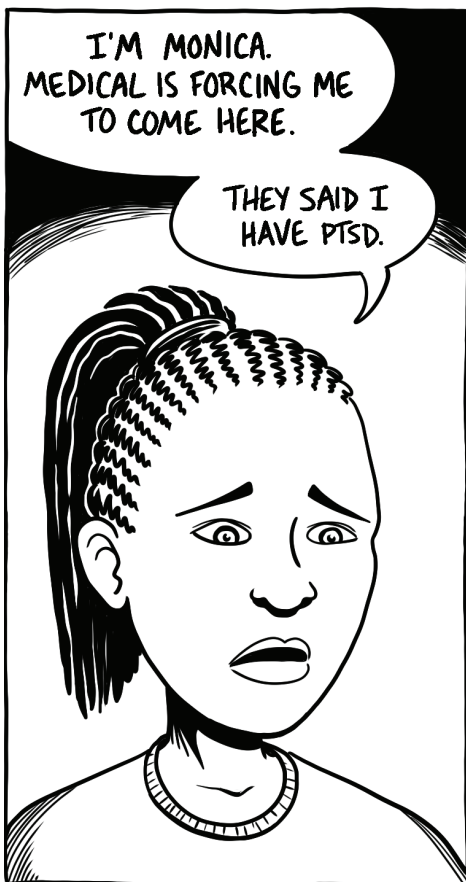
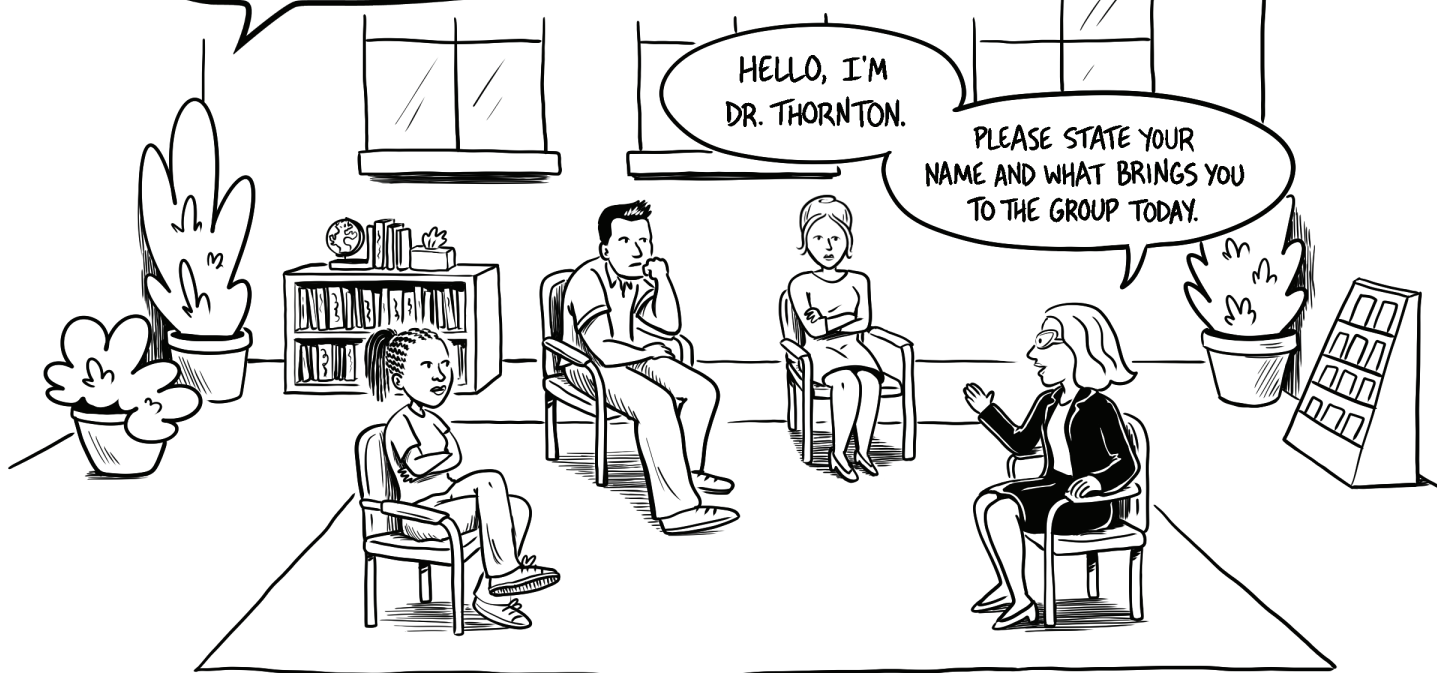


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# SAGA

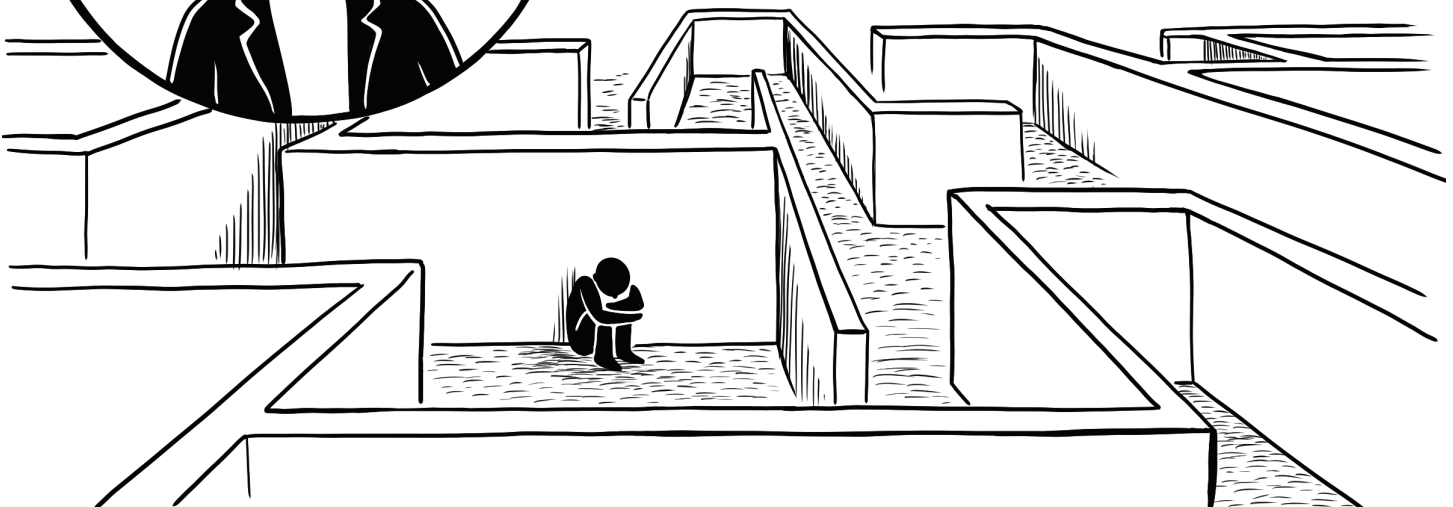
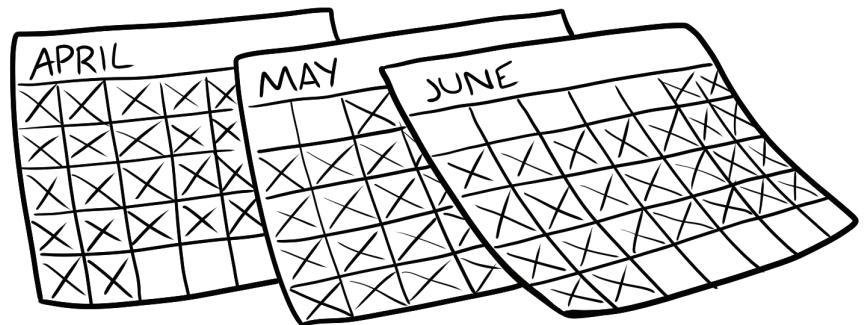
## MILITARY SEXUAL TRAUMA: PATHS TO RECOVERY







"THE ONE PERSON I TOLD DIDN'T BELIEVE ME."





PLEASE WRITE DOWN THE SYMPTOMS YOU'VE BEEN HAVING.



- SHAME
- DEPRESSION
- AVOID PEOPLE
- CAN'T STOP THINKING ABOUT IT & CAN'T SLEEP
- DRINKING
- ANGRY
- CAN'T MAKE LOVE TO WIFE
- FEEL LIKE LESS OF A MAN
- ALWAYS TENSE

- Angry
- Betrayed
- Broken
- Sad
- Ashamed
- Nightmares
- Flashbacks
- Avoid people at work
- Always feel in danger

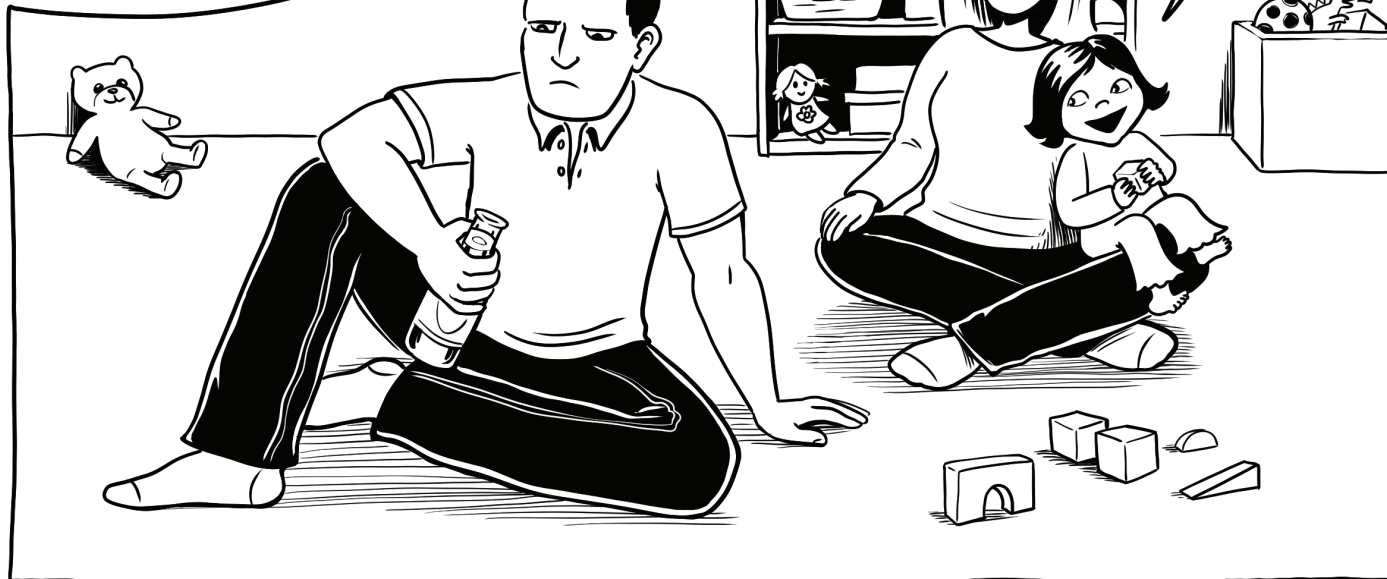
- Ashamed
- Broken
- Scared
- Flashbacks
- Angry
- Avoid people & relationships
- Anxious
- Try to control everything

ALTHOUGH MANY PEOPLE FEEL AS IF NO ONE WILL UNDERSTAND THEM, MANY EXPERIENCE SIMILAR SYMPTOMS.

ANGER IS A COMMON ATTEMPT TO MAINTAIN CONTROL AND SAFETY.



AFTER A TRAUMA, SOME PEOPLE FEEL SHAME AND AVOID ENGAGING WITH OTHERS. WHILE AVOIDANCE OF SOCIAL INTERACTIONS MAY PROVIDE TEMPORARY RELIEF, IN THE LONG TERM IT CAN INCREASE SHAME.



RAISE YOUR HAND IF YOU STRUGGLE WITH FLASHBACKS FROM YOUR PAST.



NOW RAISE YOUR HAND IF YOU OFTEN WORRY ABOUT TERRIBLE CATASTROPHES WHICH MAY OR MAY NOT HAPPEN IN THE FUTURE.



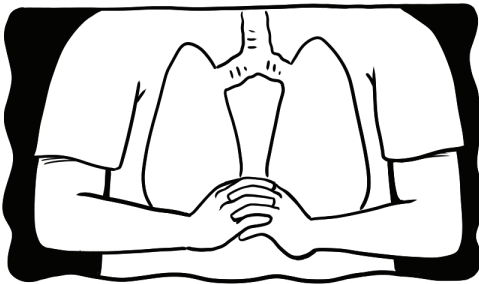
AFTER A TRAUMATIC EVENT, MANY PEOPLE MIGHT FEEL STUCK IN THEIR PAST OR WORRY ABOUT THE FUTURE.



MINDFULNESS IS NOTICING THE PRESENT MOMENT, REALIZING THAT IN THIS VERY MOMENT YOU ARE SAFE.



THERE ARE MANY WAYS TO PRACTICE, SUCH AS FOCUSING ON YOUR BREATHING OR NOTICING THE SENSATION IN YOUR FEET, YOUR ARMS, OR YOUR CHEST.



"NOTICE WHERE YOUR FEET ARE AT THIS MOMENT."

MINDFULNESS CAN HELP REDUCE SOME PTSD SYMPTOMS BY HELPING PEOPLE STAY IN THE PRESENT MOMENT RATHER THAN BE CONTROLLED BY THEIR PAST.

CONNECTING WITH OUR CORE VALUES AND BECOMING OUR OWN KINDS OF SUPERHEROES CAN ALLOW US TO REGAIN OUR SENSE OF IDENTITY AND PURPOSE.



SOMETIMES PEOPLE MIGHT SAY SOMETHING THAT SEEMS INSENSITIVE...



SETBACKS ARE NORMAL ALONG THE WAY AND THERE IS NO TIME LIMIT ON RECOVERY.



