

A Vet's Cry for Help

"Try to understand"

If he stays home alone,
and doesn't like to hear the phone
If he won't answer the door,
'cause he doesn't want to see anyone anymore.

"Try to understand"

If nighttime is something to dread,
and his sleep is restless and fleeting in bed,
If he quietly gets up in the night,
so as not to disturb your pleasant respite.

"Try to understand"

If he becomes nervous and jumps around,
at unexpected movement or a sudden sound.
If he sits in a restaurant with his back to the wall,
because he can't have anyone behind him at all.

"Try to understand"

If he shows no fear and wouldn't turn if he could,
that part of him has gone that says you should.
If his anger seems quick and extreme,
He's only trying to control intense emotions unseen.

"Try to understand"

If he seems emotionless and indifferent some days,
And perhaps he just says "Go Away!"
If he becomes depressed and may seem unkind,
He is only trying to spare you the agony in his mind.

"Try to understand"

If his mood changes and alters
and he becomes unsure and often falters,
If he becomes sad and stares into space,
He has only gone to some other place.

"Try to understand"

.....Because he can't.....

By David Fye, ADF, Viet Nam veteran.