

## What lived experience tells us Brad might be feeling but can't express

### “I feel overwhelmed”

- I have been trained to compartmentalise my experiences and emotions. I'm not sure how to function differently outside the military
- Everything feels physically, cognitively and emotionally overwhelming, exhausting and unsafe
- I am sleep deprived and this impacts on my executive functioning
- I feel disempowered and am struggling to control my circumstances
- I'm on the cusp of losing everything and I can't find a way to fix things



Lauren Eastaughffe

## What lived experience tells us Brad might be feeling but can't express

### “I feel anger and grief”

- I have been let down and abandoned by “the system”, despite the fact that I was a loyal and capable serviceperson
- I have a lot of grief about things that I consider I have lost
- I have a body that doesn't work and feel the way it used to. This frustrates and angers me.
- Anger is one of the few methods I have of controlling my circumstances and managing internal and external chaos and fear



Lauren Eastaughffe

## What lived experience tells us Brad might be feeling but can't express

### “I feel despair”

- I don't know what my purpose and place are now, outside the military and within my family
- I feel stuck
- I don't feel “normal”
- I don't know how to change my situation and have little hope that things will improve



Lauren Eastaughffe

## What lived experience tells us Brad might be feeling but can't express

### “I feel shame”

- I don't want my mates to know I'm struggling or am less than I was
- I am very conscious of others seeing me as broken or damaged, and applying negative labels to me if I admit to the truth about my mental health
- I feel like I have failed
- I feel ashamed that this is how my life has ended up



Lauren Eastaughffe

## What lived experience tells us Brad might be feeling but can't express

“I feel disconnected”

- I am disconnected from my tribe
  - I don't know where I belong in my family and society
- 
- *Please remember that my PTSD may have been caused by seeing and experiencing too much, not just a threat to the life or safety of myself or others.*



Lauren Eastaughffe