**Discipline & Ordering vs. Conflict**

In Combat:
- Survival depends on discipline and obeying orders.
At home:
- Inflexible interactions (ordering and demanding behaviors) with your spouse, children and friends often lead to conflict.

**Transitioning the Combat Skill:**
- Giving and following orders involves a clear chain of command which does not exist within families and friends.

**Battlemind Check (self and buddy):**
- Relationships are not going well!
- Ongoing conflicts over decisions?

**The Alcohol Transition**

In Combat: Alcohol use was limited.
At home: Alcohol is now plentiful.

**The Transition:**
- Many Soldiers use alcohol as a way to cope with deployment experiences, but this is not healthy. Learn to relax without it.

**Battlemind Check (self and buddy):**
- Using alcohol to calm down or help you sleep?
- Others telling you that you are drinking too much?

**Myths & Facts of Mental Health**

**Myth 1:** Only weak Soldiers have mental health problems.
- **Fact:** Everyone is affected by combat.

**Myth 2:** If a Soldier has a problem, he/she will get help.
- **Fact:** Most Soldiers do not get help because of stigma.

**Myth 3:** A fellow Soldier’s mental health problems are none of my business.
- **Fact:** Soldiers most often turn to other Soldiers when they need help. Leaders are responsible for helping Soldiers.

**Myth 4:** The Army doesn’t support Soldiers with mental health problems.
- **Fact:** There are multiple ways to get help.

**Myth 5:** No one can help me if I have a mental health problem.
- **Fact:** Professional treatment helps, the earlier the better.

**Mental Health Resources**

**Unit:** Buddies, Leadership, Chaplain  
**Post:** Troop Medical Clinic, Behavioral Health Service  
**Off-Post:** Civilian Doctor or Mental Health Professional, VA  
**Army/Military One Source:** 1-800-342-9647  
**www.militaryonesource.com**

**Battlemind Training was developed by the WRAIR Land Combat Study Team**

POC: LTC Carl A. Castro, carl.castro@us.army.mil (301) 319-9174  
Updated 8 Mar 06.

Go to www.battlemind.org to see streaming video of this training or to see other trainings in the Battlemind series.
**Battlemind** is the Soldier's inner strength to face fear and adversity with courage. Key components include:

- **Self confidence**: taking calculated risks and handling challenges.
- **Mental toughness**: overcoming obstacles or setbacks and maintaining positive thoughts during times of adversity and challenge.

**Battlemind skills helped you survive in combat, but may cause you problems if not adapted when you get home.**

### Buddies (Cohesion) vs. Withdrawal

**In Combat:**
- No one understands your experience except your buddies who were there.

**At home:**
- You may prefer to be with battle buddies rather than with your spouse, family or friends.
- You may avoid speaking about yourself to friends and family.

**TRANSITIONING THE COMBAT SKILL:**
- Cohesion in combat results in bonds with fellow Soldiers that will last a lifetime, but back home, re-establishing bonds with friends and family that have changed takes time.

**Battlemind Check (self and buddy):**
- Felt close to buddies over there but now feel alone?
- Not connecting with loved ones?

### Accountability vs. Controlling

**In Combat:**
- Maintaining control of your weapon and gear is necessary for survival.

**At home:**
- You may become angry when someone moves or messes with your stuff, even if it is insignificant.
- You may think that nobody cares about doing things right except for you.

**TRANSITIONING THE COMBAT SKILL:**
- Accountability at home means the small details are no longer important; family decisions and personal space are best shared.

**Battlemind Check (self and buddy):**
- Getting into fights or heated arguments?
- Can show only anger or detachment?

### Targeted vs. Inappropriate Aggression

**In Combat:**
- Targeted aggressiveness: in combat, the enemy is the target; back home there are no enemies.

**At home:**
- You may overreact to minor insults.
- You may display inappropriate aggression, or snap at your kids, buddies or NCO.

**TRANSITIONING THE COMBAT SKILL:**
- Targeted aggressiveness: in combat, the enemy is the target; back home there are no enemies.

**Battlemind Check (self and buddy):**
- Still snapping at your spouse, kids or buddies?
- Getting into fights or heated arguments?
- Avoiding people?

### Tactical Awareness vs. Hypervigilance

**In Combat:**
- Survival depends on being aware of your surroundings at all times and reacting immediately to sudden changes.

**At home:**
- You may feel keyed up or anxious in large groups or confined situations.
- You may be easily startled, especially when you hear loud noises.
- You may have difficulty sleeping or have nightmares.

**TRANSITIONING THE COMBAT SKILL:**
- Tactical awareness in combat requires alertness and sustained attention; at home, it takes time to learn to relax.

**Battlemind Check (self and buddy):**
- Still jumping at loud noises...staying revved up?
- Still have trouble with sleep or nightmares?
- Drinking to calm down or help you sleep?

### Lethally Armed vs. “Locked & Loaded” at Home

**In Combat:**
- Carrying your weapon at all times was mandatory and necessary.

**At home:**
- You may feel a need to have weapons on you, in your home and/or car at all times, believing that you and your loved ones are not safe without them.

**TRANSITIONING THE COMBAT SKILL:**
- In combat, it’s dangerous to be unarmed; at home, it’s dangerous to be armed.

**Battlemind Check (self and buddy):**
- Threatened someone with a weapon?
- Carrying a loaded weapon in your car?
- Keep an unsecured loaded weapon at home?

### Emotional Control vs. Detachment

**In Combat:**
- Controlling your emotions during combat is critical for mission success.

**At home:**
- Failing to display emotions or only showing anger around family and friends will hurt your relationships. You may be seen as detached and uncaring.

**TRANSITIONING THE COMBAT SKILL:**
- Emotional control in combat requires alertness and sustained attention; at home, it takes time to learn to relax.

**Battlemind Check (self and buddy):**
- Can show only anger or detachment?
- Feeling numb?
- Friends and loved ones tell you that you have changed?
- Having relationship problems?