

## TRUST YOUR TRAINING

### What Soldiers Should Know:

- . Fear in combat is common.
- . Events in combat can appear random and unavoidable.
- . You will make decisions that impact the lives of others.

### Soldier Actions:

- . Your combat training is high; trust it.
- . When under strain, stress or enemy attack, do as you were trained.
- . Admitting and joking about fear will help release tension.
- . Actively participate and learn from after action reviews.

## MAINTAIN CONTACT BACK HOME

### What Soldiers Should Know

- . Your relationships back home are a source of support and strength.
- . Your family and friends have a need to know how you are doing.
- . Families must be able to function effectively without you.

### Soldier Actions:

- . Prepare your family and friends for your absence.
- . Call, write, or e-mail your family and friends at least once a week.
- . Acknowledge special events you've missed.
- . Let your leaders know when family issues are not being resolved.

*“You will see events in combat that will test your courage and extend your faith. If you will accept the challenge of always doing what is right and just, these moments of discouragement and setbacks will fall behind you. You must never quit.”*

## HELP ON THE BATTLEFIELD

- . Buddies and Leaders
- . Chaplain/Unit Ministry Team (UMT)
- . Battalion Aid Station (BAS)
- . Brigade Mental Health
- . Combat Stress Control (CSC) Teams



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# Battlemind Training



## Preparing for War: What Soldiers Should Know and Do

Training Timeframe: Pre-deployment

## The Nature of Combat:

- . Combat is sudden, intense, and life threatening.
- . It is the Soldier's job to kill the enemy.
- . Innocent women and children are often killed in combat.
- . No Soldier knows how he/she will perform in combat until the moment arrives.
- . All Soldiers are affected by combat.

## The Nature of Deployments:

- . Boredom
- . Lack of privacy
- . Monotony
- . Perceptions of the lack of necessary equipment
- . Rules of Engagement
- . Orders from the Chain of Command
- . NOT HOME!

## Development of Battlemind:

### What is Battlemind?

A Soldier's inner strength to face fear and adversity during combat, with courage. It is the will to persevere and win. It is resilience.

## Mental Toughness, Extra Effort : "MTXE"

### Deployments Can Strengthen Your Battlemind:

- . Provide an opportunity to lead in combat
- . Show your courage
- . Appreciate what is important in life
- . Mature as a person

## What Soldiers Should Know and Do:

- . "Steel" your Battlemind
- . Be a Battle Buddy
- . Listen to Your Leaders
- . Trust Your Training
- . Maintain Contact Back Home

## "STEEL" YOUR BATTLEMIND

### What Soldiers Should Know

- . Expect Success. Remember, other Soldiers have made it through a year-long deployment successfully.
- . Remember that obstacles and setbacks are part of all deployments.

### Soldier Actions:

- . Meet challenges head on.
- . Maintain your mental toughness.
- . Take calculated risks. Be self-confident.
- . Maintain positive thinking during times of adversity and challenge.

## BE A BATTLE BUDDY

### What Soldiers Should Know:

- . Combat impacts every Soldier both mentally and physically.
- . Buddies make a difference. Most Soldiers say that they made it through the deployment because of their buddies.

### Soldier Actions:

- . Talk to each other about what is going on and things that might be bothering you.
- . Listen to each other, but don't make it worse by encouraging anger or resentment. If you don't know what to say, just listen.
- . Involve the chaplain and mental health if your buddy needs it.

## LISTEN TO YOUR LEADERS

### What Soldiers Should Know

- . It is the responsibility of NCOs and officers to provide outstanding leadership.
- . Leaders care about the safety and well-being of Soldiers.

### Soldier Actions:

- . Don't assume unnecessary risks when conducting missions.
- . Let leaders know about problems.
- . If an order is unclear, seek clarification.