

## MISSION OPSEC VS. SECRETIVENESS

### In Combat:

- You talk about the mission only with those who need to know; you can only talk about combat experiences with unit members.

### At home:

- You may avoid sharing any of your deployment experiences with your family, spouse and friends.

### TRANSITIONING THE COMBAT SKILL:

- OPSEC: the “need to know” now includes friends and family.

### Battlemind Check (self and buddy):

- Haven’t shared your deployment experiences with those closest to you?
- Get angry when someone asks about your deployment experiences?

## INDIVIDUAL RESPONSIBILITY VS. GUILT

### In Combat:

- Your responsibility is to survive and do your best to keep your buddies alive.

### At home:

- You may feel you have failed your buddies if they were killed or seriously injured.
- You may be bothered by memories of those wounded or killed.

### TRANSITIONING THE COMBAT SKILL:

- Responsibility in combat involves making life and death decisions in the heat of battle; at home, it is learning from these decisions without second guessing.

### Battlemind Check (self and buddy):

- Certain memories of the deployment keep bothering you?
- Still feeling guilt about things that happened in combat?

## NON-DEFENSIVE (COMBAT) VS. AGGRESSIVE DRIVING

### In Combat:

- Driving unpredictably, fast, using rapid lane changes, straddling the middle line and keeping other vehicles at a distance is designed to avoid IEDs and VBIEDs.

### At home:

- Aggressive driving leads to speeding tickets, accidents and fatalities.

### TRANSITIONING THE COMBAT SKILL:

- Combat driving is necessary to avoid danger in the combat zone, but is dangerous at home, even though it may “feel right”.

### Battlemind Check (self and buddy):

- Chasing adrenaline highs by driving fast?
- Involved in driving accidents?
- Easily angered while driving?

## 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):

- Are relationships 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, Mental Health Professional, VA, VA Vet Centers

**Army/Military One Source: 1-800-342-9647**

**[www.militaryonesource.com](http://www.militaryonesource.com)**

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

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The opinions and views expressed here are those of the Land Combat Study Team, and do not necessarily reflect those of the U.S. Army or the Department of Defense.

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**[www.battlemind.org](http://www.battlemind.org)**

# Battlemind Training II



## Continuing the Transition Home



**Training Timeframe: 3-6 months after deployment (Reconstitution)**



**Walter Reed Army Institute of Research (WRAIR)  
U.S. Army Medical Research and Materiel Command**

**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)

Accountability

Targeted Aggression

Tactical Awareness

Lethally Armed

Emotional Control

Mission Operational Security

Individual Responsibility

Non-defensive (combat)

driving

Discipline and Ordering

**Battlemind Checks allow Soldiers and their buddies to identify if and when help is needed.**

## **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):**

- Overreacting to minor events?
- Still having trouble letting family and friends share in making decisions?
- Trying to control things that do not really matter?

## **TARGETED VS. INAPPROPRIATE AGGRESSION**

**In Combat:**

- Split second decisions that are lethal in highly ambiguous environments are necessary to keep you and your buddies alive.
- Anger keeps you pumped up, alert, awake and alive.

**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 to 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 is necessary; at home, limiting your emotions leads to relationship failures.

**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?