



Battlemind Checks

Battlemind Checks allow soldiers and their friends to identify if they need help. Read each question and select 'YES' or 'NO.'

POST-DEPLOYMENT READJUSTMENT

1. I felt close to my buddies while serving. Now I feel alone. YES NO
2. I have not shared my service experiences with those closest to me. YES NO
3. Certain memories of the deployment keep bothering me. YES NO
4. I am still feeling guilt about things that happened in combat. YES NO
5. I am still jumping at loud noises and/or staying on alert. YES NO
6. I am having trouble sleeping and/or having bad dreams. YES NO
7. I get angry when someone asks about my service experiences. YES NO
8. I do not know how to share what I am feeling. YES NO
9. Sometimes when I'm angry, I want to reach for a weapon YES NO

STRESS, COMMUNICATION AND RELATIONSHIPS

1. I am lonely even when I am around my loved ones. YES NO
2. I have lost interest in the things I used to enjoy. YES NO
3. I feel like I do not have control over my life. YES NO
4. I cannot control my temper. YES NO
5. I'm having problems in the relationships with my loved ones. YES NO
6. Friends and loved ones tell me I have changed. YES NO
7. It is hard to be the same with my spouse or partner. YES NO
8. I have trouble with making decisions. YES NO
9. I am getting into fights with my loved ones over simple things. YES NO
10. I do not have patience with my kids. YES NO

11. Since I came home, I am driving more aggressively than before. YES NO
12. I am using alcohol or drugs to help me relax. YES NO

If you answered 'YES' to some of the items above, you may be having a natural stress reaction to your combat experience. If you are still having this stress months after you return home, talk to someone about it.