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.