

PTSD Message Request

Sure! Here's a two-page message that conveys symptoms and emotions associated with PTSD.

Message: Struggling to Move On

I don't know if this will make sense to anyone, but I feel like I'm stuck in a loop that I can't escape. No matter how much time passes, the memories won't leave me alone. It's been months—years, even—but it still feels like it just happened yesterday. I close my eyes, and I'm back there. I hear the sounds, I feel the fear, I smell the air around me from that moment, and I can't breathe. My heart races, my hands shake, and my body feels like it's trapped in that same nightmare over and over again.

I try to tell myself it's over, that I'm safe now, but my mind doesn't listen. Loud noises make me jump. Certain places make my stomach churn. Even things that seem completely harmless to others trigger something deep inside me, like I'm right back in that awful moment. It doesn't matter how much I try to push it away; it always finds a way to creep back in. And the worst part? No one understands.

People tell me to "move on," "stay strong," or "just forget about it." I wish it were that simple. They don't see how exhausting it is to keep pretending everything is fine when inside, I'm screaming. I don't sleep well anymore. The nightmares are relentless, and even when I do sleep, I wake up feeling more tired than before. Some nights, I avoid sleeping altogether, scared of what my mind will force me to relive.

I've stopped talking about it because no one really listens. Either they look at me with pity, like I'm some broken thing, or they get uncomfortable and change the subject. So I stay quiet. I keep it all inside, even though it's suffocating me. I feel disconnected from everyone—my friends, my family, even myself. It's like I'm watching my life from the outside, but I don't feel present in it.

I don't know if I'll ever feel normal again. I want to believe things will get better, but right now, it's hard to see a way out. The past won't let me go, and I don't know how to fight something that only exists in my own head.

This message reflects the thoughts and emotions of someone experiencing PTSD—
flashbacks, hypervigilance, emotional numbness, social withdrawal, and exhaustion. Let me
know if you'd like any modifications or additions.

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