

Additional Information

1C. Veteran/service member's name. last name:
Rodriguez-Wittgenstein

7. E-mail address (optional).:
testy.testerson_thisisasuperreallylongemailaddressthatshouldoverflow@gmail.com

9A. Traumatic event(s) information Line 1:
Event Number: 1

Event Description:

Corpsman on medical ship in Da Nang harbor, Vietnam

Event Location:

Stationed on U.S.S. XYZ

Event Date:

Summer of '70

9A. Traumatic event(s) information Line 2:
Event Number: 2

Event Description:

Mugged

Event Location:

Back alley in Big Town, USA

Event Date:

June 2007

9A. Traumatic event(s) information Line 3:
Event Number: 3

Event Description:

I would be minding my own business and this other soldier would use his rank to force me to do push ups and sit ups and other stuff even when we were off duty. If I refused the next day would be worse during work hours and he would like to the chain of command that I had done something wrong. He would harass and belittle me. I tried to tell someone but nobody cared, I would just get in more trouble.

Event Location:

Fort Belvior, VA

Event Date:

June 2007

9A. Traumatic event(s) information Line 4:
Event Number: 4

Event Description:

Lorem ipsum dolor sit amet.
More lorem ipsum dolor sit amet.

Event Location:

abcdefghijklmn opqrstuvwxyz1234a bpqrstuvwxyz1234a

Event Date:

Autumn of 1995

9A. Traumatic event(s) information Line 5:
Event Number: 5

Event Description:

Lorem ipsum dolor sit amet.

Event Location:

abcdefghijklmn opqrstuvwxyz1234a bpqrstuvwxyz1234a

Event Date:

Winter of '68

9A. Traumatic event(s) information Line 6:
Event Number: 6

Event Description:

Lorem ipsum dolor sit amet.

Event Location:

abcdefghijklmn opqrstuvwxyz1234a bpqrstuvwxyz1234a

Event Date:

Spring of '72

9A. Traumatic event(s) information Line 7:
Event Number: 7

Event Description:

Lorem ipsum dolor sit amet.

Event Location:

Of the experience, these flashbacks were frequent and unpleasant, and when I tried to go to sleep, I was frequently awakened by nightmares of the traumatic event. These disturbed nights left me feeling exhausted and unable to perform basic tasks during the day. The lack of rest contributed to a decline in my physical health, as I struggled with fatigue, headaches, and an overall sense of lethargy.

Socially, I became increasingly withdrawn. I avoided interactions with friends, family, and even fellow service members, as I felt disconnected and unable to trust anyone. My relationships suffered as I became irritable, short-tempered, and emotionally distant. I found it hard to experience joy or satisfaction in anything, including activities I once enjoyed, such as hobbies and socializing. I rarely leave my house, even if it's to go get groceries.

Since then I've found fewer and fewer reasons to live. I've lost all interest in the things I once loved, and I struggle to find any joy in the present moment. I've become increasingly isolated, and I often feel like I'm just going through the motions of life. I'm not sure how much longer I can keep this up.