

## **Learn About CBT**

**Drew:** So when I went to CBT, a lot of it was learning how to deal with the stress that was already in my life.

**Tony:** It's about identifying the ways the trauma has made you think in an irrational sense.

**Rick:** The cognitive-behavioral aspect of it led me to understand my triggers.

**Tony:** It's very intense. There's homework involved and you have to relive everything.

**Susan:** But it was really just retraining my brain in the way that I was thinking.

**Fernando:** I came to the realization that I was carrying all these burdens of shame and guilt of what I did in combat when I didn't have to.

**Drew:** It's not going to go away, it's always there. It's learning how to channel it into something positive.



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