**Mission OPSEC vs. Secretiveness**

**In Combat:**
- You talk about the mission only with those who need to know; you can only talk about combat experiences with unit members.
- At home:
  - You may avoid sharing any of your deployment experiences with your family, spouse and friends.

**Transitioning the Combat Skill:**
- OPSEC: the “need to know” now includes friends and family.
- Battlemind Check (self and buddy):
  - Haven’t shared your deployment experiences with those closest to you?
  - Get angry when someone asks about your deployment experiences?

**Individual Responsibility vs. Guilt**

**In Combat:**
- Your responsibility is to survive and do your best to keep your buddies alive.
- At home:
  - You may feel you have failed your buddies if they were killed or seriously injured.
  - You may be bothered by memories of those wounded or killed.

**Transitioning the Combat Skill:**
- Responsibility in combat involves making life and death decisions in the heat of battle; at home, it is learning from these decisions without second guessing.
- Battlemind Check (self and buddy):
  - Certain memories of the deployment keep bothering you?
  - Still feeling guilt about things that happened in combat?

**Non-Defensive (Combat) vs. Aggressive Driving**

**In Combat:**
- Driving unpredictably, fast, using rapid lane changes, straddling the middle line and keeping other vehicles at a distance is designed to avoid IEDs and VBIEDs.
- At home:
  - Aggressive driving leads to speeding tickets, accidents and fatalities.

**Transitioning the Combat Skill:**
- Combat driving is necessary to avoid danger in the combat zone, but is dangerous at home, even though it may “feel right”.
- Battlemind Check (self and buddy):
  - Chasing adrenaline highs by driving fast?
  - Involved in driving accidents?
  - Easily angered while driving?

**Discipline & Ordering vs. Conflict**

**In Combat:**
- Survival depends on discipline and obeying orders.
- At home:
  - Inflexible interactions (ordering and demanding behaviors) with your spouse, children and friends often lead to conflict.

**Transitioning the Combat Skill:**
- Giving and following orders involves a clear chain of command which does not exist within families and friends.
- Battlemind Check (self and buddy):
  - Relationships are not going well?
  - Ongoing conflicts over decisions?

**The Alcohol Transition**

**In Combat:**
- Alcohol use was limited.
- At home:
  - Alcohol is now plentiful.

**The Transition:**
- Many Soldiers use alcohol as a way to cope with deployment experiences, but this is not healthy. Learn to relax without it.

**Battlemind Check (self and buddy):**
- Using alcohol to calm down or help you sleep?
- Others telling you that you are drinking too much?

**Myths & Facts of Mental Health**

**Myth 1:** Only weak Soldiers have mental health problems.
- **Fact:** Everyone is affected by combat.

**Myth 2:** If a Soldier has a problem, he/she will get help.
- **Fact:** Most Soldiers do not get help because of stigma.

**Myth 3:** A fellow Soldier’s mental health problems are none of my business.
- **Fact:** Soldiers most often turn to other Soldiers when they need help. Leaders are responsible for helping Soldiers.

**Myth 4:** The Army doesn’t support Soldiers with mental health problems.
- **Fact:** There are multiple ways to get help.

**Myth 5:** No one can help me if I have a mental health problem.
- **Fact:** Professional treatment helps, the earlier the better.

**Mental Health Resources**

**Unit:** Buddies, Leadership, Chaplain
**Post:** Troop Medical Clinic, Behavioral Health Service
**Off-Post:** Civilian Doctor or Mental Health Professional, VA
**Army One Source:** 1-800-342-9647
www.armyonesource.com

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The opinions and views expressed here are those of the Land Combat Study Team, and do not necessarily reflect those of the U.S. Army or the Department of Defense.
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**Battlemind** is the Soldier’s inner strength to face fear and adversity with courage. Key components include:

- **Self confidence**: taking calculated risks and handling challenges.
- **Mental toughness**: overcoming obstacles or setbacks and maintaining positive thoughts during times of adversity and challenge.

**Battlemind skills helped you survive in combat, but may cause you problems if not adapted when you get home.**

**Buddies (cohesion) vs. Withdrawal**

**In Combat:**
- No one understands your experience except your buddies who were there.

**At home:**
- You may prefer to be with battle buddies rather than with your spouse, family or friends.
- You may avoid speaking about yourself to friends and family.

**TRANSITIONING THE COMBAT SKILL:**
- Cohesion in combat results in bonds with fellow Soldiers that will last a lifetime, but back home, re-establishing bonds with friends and family that have changed takes time.

**Battlemind Check (self and buddy):**
- Felt close to buddies over there but now feel alone?
- Not connecting with loved ones?

**Accountability vs. Controlling**

**In Combat:**
- Maintaining control of your weapon and gear is necessary for survival.

**At home:**
- You may become angry when someone moves or messes with your stuff, even if it is insignificant.
- You may think that nobody cares about doing things right except for you.

**TRANSITIONING THE COMBAT SKILL:**
- Accountability at home means the small details are no longer important; family decisions and personal space are best shared.

**Battlemind Check (self and buddy):**
- Still snapping at your spouse, kids or buddies?
- Getting into fights or heated arguments?

**TARGETED VS. INAPPROPRIATE AGGRESSION**

**In Combat:**
- Split second decisions that are lethal in highly ambiguous environments are necessary to keep you and your buddies alive.
- Anger keeps you pumped up, alert, awake and alive.

**At home:**
- You may overreact to minor insults.
- You may display inappropriate aggression, or snap at your kids, buddies or NCO.

**TRANSITIONING THE COMBAT SKILL:**
- Targeted aggressiveness: in combat, the enemy is the target; back home there are no enemies.

**Battlemind Check (self and buddy):**
- Still snapping at your spouse, kids or buddies?
- Getting into fights or heated arguments?
- Avoiding people?

**TACTICAL AWARENESS VS. HYPERVIGILANCE**

**In Combat:**
- Survival depends on being aware of your surroundings at all times and reacting immediately to sudden changes.

**At home:**
- You may feel keyed up or anxious in large groups or confined situations.
- You may be easily startled, especially when you hear loud noises.

**TRANSITIONING THE COMBAT SKILL:**
- Tactical awareness in combat requires alertness and sustained attention; at home, it takes time to learn to relax.

**Battlemind Check (self and buddy):**
- Still jumping at loud noises...staying revved up?
- Still have trouble with sleep or nightmares?
- Drinking to calm down or help you sleep?

**LETHALLY ARMED VS. “LOCKED & LOADED” AT HOME**

**In Combat:**
- Carrying your weapon at all times was mandatory and necessary.

**At home:**
- You may feel a need to have weapons on you, in your home and/or car at all times, believing that you and your loved ones are not safe without them.

**TRANSITIONING THE COMBAT SKILL:**
- In combat, it’s dangerous to be unarmed; at home, it’s dangerous to be armed.

**Battlemind Check (self and buddy):**
- Threatened someone with a weapon?
- Carrying a loaded weapon in your car?
- Keep an unsecured loaded weapon at home?

**EMOTIONAL CONTROL VS. DETACHMENT**

**In Combat:**
- Controlling your emotions during combat is critical for mission success.

**At home:**
- Failing to display emotions or only showing anger around family and friends will hurt your relationships. You may be seen as detached and uncaring.

**TRANSITIONING THE COMBAT SKILL:**
- Emotional control in combat is necessary; at home, limiting your emotions leads to relationship failures.

**Battlemind Check (self and buddy):**
- Can show only anger or detachment?
- Feeling numb?
- Friends and loved ones tell you that you have changed?
- Having relationship problems?

**Battlemind Checks allow Soldiers and their buddies to identify if and when help is needed.**