

## 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 and missions with unit members or those who have “been there, done that.”

### At home:

- You may avoid sharing any of your deployment experiences with your family, spouse and friends.
- You may avoid telling your family, spouse or significant other where you are going or when you will get back (and get suspicious when they ask).

### TRANSITIONING THE COMBAT SKILL:

- OPSEC involves providing information to those who need to know and trusting your fellow Soldiers. The “need to know” now includes friends and family.

### Action:

- Realize that your family needs to know something about your deployment experiences.
- Tell your story the way you want to tell it.
- Share with your significant other what you are doing, day to day.
- Be proud of your service.

## 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:

- Soldiers make life and death decisions in the heat of battle; responsibility involves learning from these decisions without second guessing.

### Action:

- Recognize that there are human limits to preventing death and injuries.
- Do not allow “survival guilt” to destroy you. Your buddy would want you to drive on.

## NON-DEFENSIVE (COMBAT) VS. AGGRESSIVE DRIVING

### In Combat:

- Driving unpredictably, fast, using rapid lane changes and keeping other vehicles at a distance is designed to avoid IEDs and VBIEDs.

### At home:

- Aggressive driving and straddling the middle line leads to speeding tickets, accidents and fatalities.

### TRANSITIONING THE COMBAT SKILL:

- Combat driving is necessary to avoid danger; at home, combat driving may feel right, but is dangerous.

### Action:

- Shift from offensive to defensive driving.
- Control your anger.
- Obey traffic laws: Use turn signals and slow down.

## DISCIPLINE & ORDERING VS. CONFLICT

### In Combat:

- Survival depends on discipline and obeying orders.
- Following orders kept you and those around you safe and in control.

### 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.

### Action:

- Acknowledge that friends and family members have been successful while you have been gone and may have developed new ways of doing things.
- Always be prepared to negotiate. Families and friends are not military units.

## THE ALCOHOL TRANSITION

### In Combat:

- Alcohol use was limited.

### At home:

- Alcohol is now plentiful.

### Action:

- Pace yourself and don't encourage each other to get drunk.
- Don't drink to calm down or if you're feeling depressed.
- Don't drink if you're having trouble sleeping, it actually makes the sleep worse.
- Look out for each other.

## MENTAL HEALTH RESOURCES

### Unit:

- Buddies, Leadership, Chaplain

### Post:

- Troop Medical Clinic, Behavioral Health Service

### Off-Post:

- Civilian Doctor or Mental Health Professional, VA

Army/Military One Source: 1-800-342-9647

[www.armyonesource.com](http://www.armyonesource.com)



Walter Reed Army Institute of Research (WRAIR)  
U.S. Army Medical Research and Materiel Command

Battlemind Training was developed by  
the WRAIR Land Combat Study Team

POC: LTC Carl A. Castro, [carl.castro@us.army.mil](mailto:carl.castro@us.army.mil) (301) 319-9174

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# Battlemind Training I



# Transitioning from Combat to Home



Training Timeframe: At Post-Deployment

## The Transitioning Warrior

From the *combat-zone* to the *home-zone*.

- **Battlemind** includes combat skills and the battle mindset that sustained your survival in the *combat-zone*...
- But Battlemind may be hazardous to your social and behavioral health in the *home-zone*...

## Successful transitions

- Every Soldier will adjust to home in their own way.
- Build on your proven strengths.
- Translate combat skills to home skills.
- Effectiveness at home is as important as effectiveness in combat.

## Professional combat skills helped you survive

Buddies (cohesion)  
Accountability  
Targeted Aggression  
Tactical Awareness  
Lethally Armed  
Emotional Control  
Mission Operational Security  
Individual Responsibility  
Non-defensive (combat) driving  
Discipline and Ordering

It is **CRITICAL** that you not let your combat behaviors and reactions determine how you will respond at home.

## BUDDIES (COHESION) VS. WITHDRAWAL

### In Combat:

- No one understands your experience except your buddies who were there.
- Your life depended on your trust in your unit.

### At home:

- You may prefer to be with your battle buddies rather than your spouse, family or friends.
- You may assume that only those who were there with you in combat understand or are interested.
- 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; back home, your friends and family have changed, re-establishing these bonds takes time and work.

### Action:

- Develop and renew relationships at home.
- Spend individual time with each of your loved ones; balance time spent with buddies and family. Provide and accept support from them.

## ACCOUNTABILITY VS. CONTROL

### In Combat:

- Maintaining control of weapon and gear is necessary for survival.
- ALL personal items are important to you.

### 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:

- Being accountable and in control keeps you combat ready; back home, the small details are no longer important; family decisions and personal space are best shared.

### Action:

- Giving up control at home does not place you at risk.
- Distinguish between what is and is not important.
- Do not be afraid to apologize if you overreact. Apologizing is not a sign of weakness.

## TARGETED VS. INAPPROPRIATE AGGRESSION

### In Combat:

- Split second decisions that are lethal in highly ambiguous environments are necessary. Kill or be killed.
- Anger keeps you pumped up, alert, awake and alive.

### At home:

- You may have hostility towards others.
- You may display inappropriate anger, or snap at your buddies or NCOs.
- You may overreact to minor insults.

### TRANSITIONING THE COMBAT SKILL:

- "Combat anger" involves appropriate responses to the actual threat level to ensure safety.

### Action:

- Assess whether there is a real threat to your safety.
- Think before you act; Wait before you respond (count to 10); Walk away.
- Talk to someone— get an azimuth check.

## TACTICAL AWARENESS VS. HYPERVIGILANCE

### In Combat:

- Survival depends on being aware of your surroundings at all times and reacting immediately to sudden changes such as sniper fire or mortar attacks.

### At home:

- You may feel keyed up or anxious in large groups or situations where you feel confined.
- You may be easily startled, especially when you hear loud noises.
- You may have difficulty sleeping or have nightmares.

### TRANSITIONING THE COMBAT SKILL:

- Combat requires alertness and sustained attention; back home, it takes time to learn to relax.

### Action:

- Monitor yourself for "revved-up" reactions to minor events.
- Engage in regular exercise.
- Do not drink large amounts of alcohol or take illegal drugs to help you fall asleep; these will actually make your sleep worse.

## LETHALLY ARMED VS. "LOCKED & LOADED" AT HOME

### In Combat:

- Carrying your weapon at all times was mandatory and a matter of life or death.

### 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 the combat zone you developed and followed strict rules for weapons safety, including when to fire your weapon.

### Action:

- Resist the desire to have a weapon "locked and loaded".
- Follow all laws and safety precautions regarding weapons. Never drive with a loaded weapon.
- Never use a weapon to threaten or intimidate loved ones.

## EMOTIONAL CONTROL VS. ANGER/DETACHMENT

### In Combat:

- Controlling your emotions during combat is critical for mission success and quickly becomes second nature.

### At home:

- Failing to display emotions around family and friends will hurt your relationships. You may be seen as detached and uncaring.

### TRANSITIONING THE COMBAT SKILL:

- Emotional control involves both holding in and expressing feelings.

### Action:

- Express your emotions appropriately.
- Showing emotion is important for keeping your personal relationships healthy.
- Displaying emotions is not unmilitary and does not mean you are weak.