



## MY PERSONALITY CHANGED.

I wasn't sleeping well. I was pacing around the house quite a few nights for two to three hours at a time. I was having frequent nightmares. I was very short-tempered with my kids. I was very short-tempered all the way around. So those were the things that led me to say to myself, "I think I need some help."

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# ABOUTFACE

PTSD TREATMENT CAN TURN YOUR LIFE AROUND.

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