

Surname

Professor's Name

Causal Argument Reflection Letter

Date

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Dear Smith

Hello smith, I am writing this letter to inform you of my article that I recently wrote on post-traumatic stress disorder amongst our servicemen. I decided to write on this topic after seeing our war heroes on the streets committing suicides, becoming alcohol and substance abuse addicts, they are also becoming a risk to themselves and to the society. It broke me because our servicemen have worked hard to protect our country, which exposes them to traumatic events on their missions. I was interested in this so that I can bring it to light and try and find out how we can help our brave men and women. While writing this article, the easiest part in dealing with the subject is when the ex-military persons (most affected by PTSD) come forward and accept to be helped. Their diagnosis and treatment become easier. This is because they have already accepted their suffering. Suffering is caused by avoiding pain which causes change in their behavior. There are many ways of helping these people but mainly through therapy. The challenge I faced when writing this article was that there is lack of research on the subject. We need more research on how to draw out PTSD victims for medical help. The war heroes don't really seek help mostly because of the public opinions as they are considered heroes. It is a challenge that I did not overcome mainly because I did not find a working opinion on how to push our brave men into seeking help.

It was very surprising to find out that there is no working way to draw these people out and seek help (Krause et al., 47) yet these people are becoming riskier to themselves and also to the people around them. Crime rates from this people are continuing to increase, death by suicide is also increasing because the military personnel are either too afraid of coming out because of being judged while some have a mentality that they are war heroes hence think that coming out will be a sign of weakness. It leads to them changing behaviour and also developing anger issues if not treated. I found this article very interesting because I got a chance to know more about this mental illness. Through this I got to know how PTSD victims behave and how to handle them. I also got to the chance to know clear all the misconceptions that I had, it was challenging to write this article because it is difficult to put yourself in the victim's shoes. You cannot fully grasp what they are going through unless you experience it yourself. It is a bad experience, once one starts suffering from PTSD. When I was researching and talking to some veterans, they shared so many traumatizing things that they are going through and all in the name of our country. Sympathizing with these people was the hardest part of it. As a writer, I learnt that for you to have a good end product, you have to do in-depth research. One has to research on both the topic and make sure you understand. The sacrifice of time and also patience is also required so as to come up with a good article. PTSD is a major illness that is not given as much recognition as it is supposed to, more research and education should be provided to the military personnel and to the public so as to help fight PTSD.

Love. Student's name

Works' cited

Krause-Parello, Cheryl A., Sarah Sarni, and Eleni Padden. "Military veterans and canine assistance for post-traumatic stress disorder: A narrative review of the literature." *Nurse education today*, 47 (2016): 43-50.