

Along with the physical wounds of war, there are often emotional scars as well. Although invisible, they can prove just as lasting.

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Every veteran has a different individual experience in war and a different reaction to coming home. While some choose not to talk or write about it, others find it beneficial to reflect on their service and how it has, and will, affect them.

EMAIL TO HIS FAMILY & FRIENDS,
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Those of us coming back from Iraq or Afghanistan are not looking for sympathy. We might be reluctant at first to talk about what we've been through, good or bad, and some troops might never be able to open up, which is certainly their right.

There are also things about war that people will never comprehend unless they have experienced them firsthand. But I hope that those who need to will reach out, and it's helpful knowing that there are people who care about us and are at least making an effort to understand.

Your support has made this journey an incredible one for me, and I couldn't have gone through it alone. Thanks for joining me — and thanks, above all, for listening.



Photo: Air Force pilot returning home, 2006, Getty Images

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