

15 THINGS

VETERANS
WANT YOU TO KNOW

Are you ready to improve your interactions with Veterans? PsychArmor asked Veterans to tell them the one thing they wanted non-military Americans to know about them. Patterns emerged in the data, and this course was created out of their top fifteen answers.

Use these 15 things and the questions to ask as simple action items that can start the conversation with a Veteran and can help establish immediate connection.

Questions to Ask:

- Did you serve in the military?
- What branch?
- What was your job?
- How did your service change you and your family?
- How do you define yourself now that you are no longer serving?

15 Things To Know:

1. We are not all soldiers.
2. The reserves are part of the military.
3. Not everyone in the military is infantry.
4. We have leaders at every level of the chain of command.
5. We are always on duty.
6. We take pride in our appearance and in our conduct.
7. We did not all kill someone and those who have, do not want to talk about it.
8. We do not all have PTSD.
9. Those of us who do have an invisible wound are not dangerous and we are not violent.
10. It is really hard for us to ask for help.
11. Our military service changes us.
12. We differ in how much we identify with the military after we leave active duty.
13. Our families serve with us.
14. We would die for each other and we would die for our country.
15. We've all made this sacrifice for one reason: to serve something more important than ourselves.