War may be hell...
but home ain’t exactly heaven, either.

When a Soldier comes home from war, he finds it hard...
...to listen to his son whine about being bored.
...to keep a straight face when people complain about potholes.
...to be tolerant of people who complain about the hassle of getting ready for work.
...to be understanding when a co-worker complains about a bad night's sleep.
...to control his panic when his wife tells him he needs to drive slower.
...to be grateful that he fights for the freedom of speech.
...to be silent when people pray to God for a new car or a team win.
...to be compassionate when a businessman expresses a fear of flying.
...to not laugh when anxious parents say they're afraid to send their kids off to summer camp.
...to not ridicule someone who complains about hot weather.
...to control his rage when a colleague gripes about his coffee being cold.
...to remain calm when his daughter complains about having to walk the dog.
...to be civil to people who complain about their jobs.
...to just walk away when someone says they only get two weeks of vacation a year.
...to be happy for a friend’s new hot tub.
...to be forgiving when someone says how hard it is to have a new baby in the house.
...to not punch a wall when someone says we should pull out immediately.
The only thing harder than being a Soldier...

By: Danielle
“A Proud Army Wife”
is loving one.
A gentle reminder to keep your life in perspective.
And when you meet one of our returning Soldiers, please remember what he or she has been through and show them compassion and tolerance.

Thank you.
Alison Lighthall, RN, MS
(Former CPT in US Army Nurse Corps)
HAND2HAND CONTACT.org
Bringing the Soldier All the Way Home
armynurse801@comcast.net