



“AS YOU DO MORE WITH WOUNDED WARRIOR PROJECT, YOU START TO REALIZE YOU HAVE A LOT IN COMMON WITH OTHER VETERANS. NOW, I GET TO BE THE GUY WHO SHARES HIS STORY AND GETS SOMEBODY ELSE TO REALIZE THEY AREN’T ALONE.”

But the worst thing for David was the survivor's guilt he took home with him as a result of losing Marines. "There are voices you can't get out of your head — of people screaming for help."

When David finally attended Project Odyssey®, it was an eye-opener — he realized there were others going through the same things he was. “There’s a commonality there,” says David. “You realize it’s normal to have these issues and then you really start to connect. It’s also where I found out about Warrior Care Network.”

While David found acceptance and a new perspective, Daphne was getting help, too. She learned new ways to relate to her husband by meeting other caregivers and, eventually, both Daphne and David tried a weekly emotional support program called WWP Talk. “It was great for us to have that person to talk to,” says David. “It doesn’t have to be about your trauma, you can talk about whatever you want. It’s great to have that kind of release valve.”

“Everybody has trauma, everybody has struggles,” says David. “This life can really suck. But what else are we here for than to try to help everybody around us make it through it a little better?”

