

Announcer: [00:08](#) Welcome to the PTSD Bunker Gear for your Brain Podcast. Post traumatic stress disorder is not a death sentence, yet, a right of passage to a higher level of tolerance. Stay with us and come out of the darkness as your host Carl. Waggett shines a light on this very misunderstood disorder.

Carl: [00:30](#) Welcome to PTSD bunker gear for your brain? I'm your host, Carl Waggett. Welcome to episode 295 guys If this is the first time you've ever found this. It's very nice to meet you. My name is Carl and this is a podcast for post-traumatic stress disorder. But guys, as I say, we don't get real medical here. Now we look at things through the eyes of the emergency services, which is a police, fire, ambulance, and dispatch. Um, correctional and coast guard. And guys, I think it goes without saying the military right now. Look, if you don't work in those lines of work, hey it doesn't mean you have to take off. No, hang out for a little bit. It's a fantastic subject. I think you're really going to enjoy it. Now, for those of you who do join in from time to time, guys, it's fabulous to see you guys.

Carl: [01:02](#) Shall we get on with the show? I think we should. So guys, listen, as I've said, I am just tickled pink. It's a week of wags. Yes. Now listen, I really think that you guys get the most out of this deal because I'll be honest with you, it's as embarrassing as all get up for me, but the fact is, is this is the kind of stuff that was a real noodle scratchier for me back in the day and as far as I'm concerned, if I can pass this information onto you guys then guys. Listen, I think everybody plays. Everybody wins here. So let's get on with today's show because what we're talking about today, uh, I couldn't even sleep last night I was so excited and listen, the reason why is because this came out of left field like I never ever, ever anticipated this happening in any way, shape or form with this.

Carl: [01:45](#) And that's why when I found this, it was like, oh my God, this huge light came on and I didn't care how embarrassed I was that I never thought about it before. Dude, I had to tell people about it. So I've done quite a few podcasts on this, but I really wanted to bring it to you guys today because I really think this made the difference for me. Yeah, I do. I think it, I think it, it turned the tables and it made me realize that, okay, you know what? Maybe we can win this. Okay, so look, let's start off, shall we? So you know what, Carl's in the fire department and everything's just going wonderfully. You know how it is, right? And Carl's moving along and then all of a sudden shit starts to get a little bit weird. And what I mean by that is, look, I'm not overcome with fear, but the thing is, is yeah, I'm starting to

notice that, you know, what, things are different in my life, you know, and I, I just kind of put it off as well.

Carl: [02:30](#) It's just day to day shit. You know what I mean? It's bills, it's kids, it's, you know, it's arguments with the Mrs, it's whatever, but I just think the reason why my life is going in the direction it's going is well, because you know, this is just what happens to people. I'm sorry, you know, you get older and life gets harder, but I'm starting to notice that this is getting me to the point where I don't even like being around people anymore. Yeah. And that's so weird for me because look, I'll tell you what, I would of run four good wheels off a truck to get to a party back in the day and you know what? Now I don't know, I just, I find it difficult to talk to people and look, I'm not saying this is PTSD, depression, anxiety. I'm not saying any of that shit, but I really think this was the beginning stages of me starting to pull back from people.

Carl: [03:06](#) Yeah. For whatever reason, look, you know, I'm not going to try and figure it all out here in this podcast, but the fact of the matter was, I just didn't enjoy talking to people as much. I know and, and for me, I never thought I would ever lose that because I thoroughly enjoy talking to people. It's fun for me, like I don't know why you would ever want to sit and watch tv when you can actually have an interactive conversation. And the thing was I started finding my life that I was, I was losing this, you know what I mean? And you know, it kind of made me sad, but as far as I was concerned, I didn't have any say in it. So I tried not to think about it and I just kind of went on with my day to day. Well anyways, guys, as you know the story, right?

Carl: [03:39](#) Carl goes through a separation. The wheels come off the truck, my life's a fucking shit show. Yeah. And I find myself off work. Let's fast forward to this stage, right? Well I find myself in the house and now I'm not really talking to anybody, you know, and it's, it's not that I'm avoiding people, it's just that well, I just don't like what they have to say anymore. Yeah. And I know that sounds awful. I know it does and the thing is, is that back then I just thought everybody in the world was being an asshole, but you know what they were trying to tell me what was going on with my life, but at the time I just, I don't know, maybe I just didn't have the right set of ears to hear it, you know what I mean? Like I want to listen to these people because these, these people I cared for like, you know, my mom, my dad, maybe a few close friends, you know, stuff like that really started to notice stuff was different, but , you know.

Carl: [04:23](#) So, you know, here I am off work and, and you know, since you're not going out of the house to go to work well you don't really have a need to talk to anybody, do you right. So, so I find myself completely and utterly alone. So anyways, here I am in this house, right? And, and please don't cry for me, Argentina, my life is actually actually starting to turn around at this point, which sounds really, really weird because that's where I went through the separation and that's, you know, it happened, you know, half of our department is divorced, right? But I meet Jackie, right? And we move into this whole, this gorgeous house that you see on the Facebook lives. Yeah. This, this is where I'm living right now, but I've gone off the work. So it's really kind of confusing for me, right? Cause you know, I'm at this wonderful stage of my life where I've, you know, I've met my best friend, you know, and now we're living in our house together and the kids get along great and everything's wonderful.

Carl: [05:08](#) But my life's also a train wreck because now I'm off work. So it's, it's so, so confusing. So I find myself in a situation where I don't really know what's going on with my life, but I don't feel like talking to anybody anymore you know, it's really, really strange. So I find myself just kind of walking around the house here. Now, a little bit of backstory here, when when me and Jackie moved in Jackie had a little tiny dog. It's half Yorkshire half pomegranate I think, or I anyways, I don't know what kind of Pomeranian is that? Does that sound a little bit better? I always say pomegranate. I don't know why, but anyways, it's a little little dog. Right? And His name is Mr President. Oh, very distinguished. I must admit, you know what? He doesn't like being touched and that's fine, but he does enjoy people's company.

Carl: [05:50](#) Okay, that's fine. Well the thing is, is that back in the day, okay. When, when my son was much, much younger, like five, six, he was attacked by a dog. Right. And I don't talk about it very often, but this dog ripped half his face off, like honest to God. He had like 15 stitches on his face. It was a terrible situation. And you know what it was? It was a family member's dog on my exes side, which made it even worse. You know what I mean? Right. Because you want to get mad, but you kinda can't and all that shit. Well the fact of the matter was, it's not that I hate dogs, it's just I kind of. Well, you know, and I just thought, well you stay over there. I'm going to stay over here and you know what, I'll just go through life not having dogs.

Carl: [06:25](#) Right. It's cool. And then I meet my absolute best friend Jackie. And what does she have but a dog anyways, you know, I always say if you want to make God laugh, tell him your intentions,

right you know, because life has a way of changing. So anyways, I kind of look at this little dog and I think, well, like I said, the things like, I don't know, eight, nine pounds. Even if it got completely and utterly pissed off, it wouldn't be able to hurt anything. So you know, I kind of put up with it. Right? But you know what? I'm coming to it because it's a, it's an animal, right? But you know, I'm not, I'm not too fussy with it. Right. Because it's a dog and you know, I got some bad memories with these damn things. Anyways. All besides the point. Let's get back up to the point where Carl's moping around the house because now he's not working.

Carl: [07:01](#) He's not really talking to anybody. Yeah. So now it's just me and this dog. Mr President wandering around the house together. I know it sounds like an 80s sitcom, doesn't it? Anyways, all besides the point, the fact of the matter is, is that Mr President absolutely loves playing Frisbee. Yeah. No, he loves it. You know. And the thing is that at the time I don't really like going outside. I really don't like it's just, it's, it's not something I enjoy doing and I know this sounds really, really weird, but the sunlight, it's like it hurt me. Okay. Like it was way too bright I'm not saying I'm a vampire or anything like that. I'm just saying that going outside actually seemed painful so I didn't. But the problem was is that Mr President wanted to go outside. Yes. Now we've got a bit of a hiccup, don't we?

Carl: [07:42](#) Because when Mr President wanted to play Frisbee, he used to sit at my feet and he used to bark ah dreadful, honest to God and then he would do this thing where he scooches his little ass along the ground and it made me laugh. Right? And the thing is I didn't want to laugh at the time. So anyways, I'm kind of building this, this weird friendship with this dog, right? Well anyways, you know what? After a while you realize that you know what? Here's the thing, okay, you can't kick a little dog can ya. No, I don't care how much of an asshole you are or how much you hated life. The fact is you can't kick a cute little dog. And this dog kept barking and barking because he wants to play Frisbee. Now, look, I found out the hard way that playing Frisbee in the house. Not a good idea.

Carl: [08:19](#) No, no. It just something you don't want to do. So the problem is, is I had to go outside to play. Frisbee didn't I. Now here's where the story gets really, really interesting. You know, I got family members, friends, people who've known me over 20 years trying to get me outside, trying to get me to do stuff and this nine pound little dog. Okay. Did something that my entire family couldn't seem to do. This dog was able to get me outside. It's weird. Yeah, no shit. So what I used to do is I used to go

outside. I know it's no big deal or like please. It's not like I should get a medal for it, but I would go outside and throw the Frisbee around with the dog and the dog chases and whatever. That's fine. I'm out there for five minutes. I'm like, that's enough, Mr. President

Carl: [08:56](#) let's go in. I've had it, right. I've got to go inside and do nothing. And that's where I was at that stage in my life. Well anyways, what happened eventually was that this, uh, this Mr President, if you will, this tiny little dog that I really didn't want anything to do with. Well the thing was, is that he, he really became my best friend. Yeah, I know. It's really strange, right? It's, it's funny what happens when, when two living, things are pushed together in a situation. Well, it's funny how you make friends. So anyways, Mr President started really enjoying going for walks in the morning and as much as I didn't want to do it, the fact was he used to bark and bark and bark and bark and I'll tell you what, if that would have been a person barking at me like that, I would have kindly picked them up and thrown them through the front window and said get the fuck out of my house and leave me alone.

Carl: [09:38](#) But like I said, you can't do this with a little dog. So here I am out walking this little Pomeranian or whatever it is. Right pom No Pomeranian. That's right. I always get that messed up. A Yorkshire Pomeranian. That's what it is. Not a pomegranate. Okay. So the fact is I'm out there walking this dog all the time, right? Well after awhile you call me crazy or whatever, but you do, you start talking to the dog. Right? And I don't give a shit what anybody says. They hear you. Yeah. I'm not saying they can talk back, but they talk back in a really, really weird way if you're listening. Right. So anyways, I started having these conversations with this dog and you know, strangely enough I find out that Mr President likes bike rides. Oh yeah. So I've got the little basket and I grabbed Jackie's bike, which is too small for me, but I couldn't give a shit really.

Carl: [10:19](#) So I put Mr President in the basket and here I go riding around the block. Oh yeah, please. Are you kidding me? I'm a 40 year old man, that's off work with PTSD. I can't possibly get more embarrassed at this point. I really don't give a shit. You know. The funny thing was Mr. president looked like ET in the basket. It was hilarious. He used to make me laugh and you know what? I used to throw the buds in, play a little waterloo from Abba and I'll tell you what, before I knew where I was, I was smiling. I was smiling. I can't remember the last time I did that for no apparent reason. Right. And you know, as much as I, you know, didn't really see any kind of connection between a human and a

pet when it comes to saving things. What blew me away was the silly little dog was the only one that could get to me.

Carl: [11:14](#) Yeah. And it's the damndest thing. And I'm not saying that this just works for dogs. No, no, this is what I'm saying at all. I think animals in general have this power. I believe that I do. Now. The funny thing with me is I always thought animals were just there to help us when it came to like moving mighty oak trees or whatever. You know, those big horses that pull around the Budweiser cart. Yeah. Yeah. Those horses, you know, the only thing that I thought animals helped us with was, well, like I said, manual labor. You know, I once saw that the US coast guard used pigeons because they could pick up on, on the, uh, life jackets. Fascinating story. They can see something like 30 miles. But really I thought that's the only way that animals helped us. But guys, look, I'm, I'm, I'm here to tell you if, if you find yourself in a situation, okay, where you don't think anybody can reach you, okay?

Carl: [11:51](#) Really doesn't matter. You know? It doesn't matter. You know what? If we were to get some of the world's greatest psychologist in here to talk to you, they wouldn't be able to reach you. If you find that you're in a situation like that, I'll tell you what, I'd put an animal on that job. I'm not kidding. And like I said, I'm not saying it's a dog that's going to do it. Dude it could be a cat, you know, honestly, right? It could be a ferret. It could be an owl oh! you know, what I always wanted was a falcon oh! I always wanted a falcon. They look so cool with their little hoods on. Yeah. But the fact is, is that when we kind of opened our well, for lack of a better term, hearts to these animals, well they speak to us in a really, really weird way?

Carl: [12:28](#) Now look, for those people out there that say, well Carl, you know, I live in an apartment that I can't have animals. Okay, look, that's cool, right? Look, I'm not telling you to move, but what I am telling you to do is get your ass to a petting zoo. Yeah. Like there's just something about being around animals that seemed to activate something inside of us that other human beings can't. Yeah, it's really, really weird. You ever watched a goat video? Oh my shit. You see when those things get scared and they fall over and they faint. Oh my God, I laughed so hard I peed. Look, there's no way that you can be sad if there's a ton of baby goats around. I've heard they have goat yoga. Look guys, you know I don't subscribe to Yoga. I try to do it, but my body won't let me, but I'll tell you what, if you put a Baker's dozen of baby goats in there, I'll tell you what, I'll bend in all kinds of weird shapes just to play with those little baby goats because there's something about animals.

Carl: [13:17](#) I don't know what it is. I honestly, I wish I could explain it to you. Look, I'm sure to some people out there that can explain it, but look, this is one person that cannot explain it, but what I can tell you is, guys, you don't want to pass this up. I'm serious. Look, I would have never gone this route if Jackie wouldn't have had Mr. President. It's not like I would have looked into getting an animal hey please I'm not hating on animals. I think animals are cute just like everybody else, but the fact is I didn't think for a second that, uh, the little nine pound dog could pull me out of a hole that deep. I didn't. I just never gave it enough credit. You know, and I'm embarrassed to say that. So, you know what? On this week of wags as we're doing, one of the things that I really found helped me guys was animals.

Carl: [13:58](#) Yeah. And you know what? I'm not even gonna. I'm not even going to narrow it down to domestic pets. It could be a snake. It could be a rat. It could be a scorpion. Oh Shit. What about a tarantula? Look, I don't know different strokes for different folks, but the fact is there's something about animals, other living beings that aren't human. It seemed to talk to us somehow. Yeah, I know. It's really, really, really weird and I'm not saying for a second that you're gonna start hearing their thoughts or anything like that, but I'll tell you what that little dog did for me. It got me up moving. Yeah, and you know what? I think that's the biggest thing about this entire podcast that I, I want people to get is that this little dog got me out of the house and moving and you know, going from that playing Frisbee to the morning walk to the push bike ride around the block to then working out then stretching.

Carl: [14:46](#) You see what I'm getting at. It all kinda builds on itself and the problem was, is I don't think I would have got to the working out and stretching. If I wouldn't have started with throwing a Frisbee around with Mr President, look, maybe I would have. I don't know, but when I am telling you is guys, it's a lot easier when you get the assistance of animals and I know how strange that sounds, but I'm just saying try it out before you laugh at it. That's all I'm saying. Oh my word. Look at my time. Look, I've already gone over, but the fact is guys is, look, I really want you guys to look into this animal situation. I'm serious. If you find yourself in a really, really dark hole there is just something about an animal that really gives you unconditional love. You know what I mean?

Carl: [15:26](#) And they don't want anything in return, which is so, so weird and it's almost like it's in the back of our minds that we know they're not asking for anything because look, I think we're all a little bit. When people are nice to us, it's like, what the hell do

they want? Come on. It doesn't make you a bad person for thinking it, but the fact is we automatically think that now if we have an animal that's just curled up with us and just wants to be with us because we're us there's something to that and I'll tell you what, if you could put that in a bottle and sell it, I truly think that would be worth a million dollars. I really, really do. So guys, look, as I always say, if you happen to get a chance to stop in our Facebook live show, guys, I think this might be the one you want to.

Carl: [16:03](#)

Yeah, for the simple reason. You know, I don't think I'm the only one that shares this view on animals. I think there's a lot of people that feel this way. So you know what I'm going to lay off. There's going to be a lot of discussion in the comment section after this Facebook live. So yeah, I'd invite you by You can check that out. It's a Monday, Wednesday, Friday evening, 9:30 eastern standard time. And uh, yeah, we just do it on our Facebook page, the PTSD bunker gear for your brain. Guys, before I let you go, as I always say, I've got a private Facebook group called the bunker room. Yeah, I know a very cool little place. And what it's for is for people who are suffering from PTSD, depression, anxiety, they get to tell their stories in there, which I think is really, really cool because it helps people's perspective.

Carl: [16:37](#)

Yeah. You know, when you're looking at stuff and you go, oh shit, look, I'm not the only one that's going through that. Guys. You'd be amazed how much that helps. So guys, there you have it, another episode of week of wags I'll tell you, it's embarrassing, but the fact is, I think you guys get the biggest dividends from these shows because you know what, this is this is a real information that really, really helped me. You know, it's not the stuff that sometimes shows up in medical journals, but it's the stuff that I went, Holy Shit, if I had 15 minutes to sit down and tell somebody about PTSD and what helps. This is the stuff I would tell them about, so guys, if I was you, if you can't get yourself a pet guys, I'd get yourself to a petting zoo. You'd be amazed how it helps you out and guys, before you get off to that petting zoo, you know what I would say, I would say, get your running shoes on and get yourself out there for a nice walk. You want to know why? Because it will absolutely do your soul, the world of good you guys. Take care of yourself. We'll talk again real soon. Bye now.

Announcer: [17:27](#)

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