

"Silent Battles"

Recorded by: 282nd Army Band

Performed by: SSG Benjamin Garnett

Written by: SFC Todd Freeman

Genre: Rock

Describes post-traumatic stress and the invisible wounds many Soldiers experience after returning home, and advocates for compassion, connection, and intervention.

Key themes: *PTSD, invisible wounds, stigma, help-seeking, healthy connections*

Verse 1

*In the quiet of the night, the shadows creep,
Memories of the battlefield, they never sleep.
Echoes of a war that's far away,
Haunt the hearts of those who fought each day.*

Pre-Chorus

*They march on home with wounds unseen,
Fighting silent battles in their dreams.
In the calm, the storm begins to rise,
The battle rages on behind their eyes.*

Chorus

*Silent battles, they wage inside,
In the darkness, there's nowhere to hide.
With every breath, they relive the pain,
Silent battles, their constant refrain.*

Verse 2

*Faces in the crowd, but they feel alone,
Trapped within a war zone, though they're home.
They carry scars that no one can see,
A heavy burden, longing to be free.*

Pre-Chorus

*They march on home with wounds unseen,
Fighting silent battles in their dreams.
In the calm, the storm begins to rise,
The battle rages on behind their eyes.*

Chorus

*Silent battles, they wage inside,
In the darkness, there's nowhere to hide.
With every breath, they relive the pain,
Silent battles, their constant refrain.*

Bridge

*Reach out a hand, don't let them fall,
In their silence, hear their call.
Stand with them, through the darkest night,
Help them find the strength to fight.*

Chorus

*Silent battles, they wage inside,
In the darkness, there's nowhere to hide.
With every breath, they relive the pain,
Silent battles, their constant refrain.*

Outro

*In the end, they'll find their way,
Through the night into the day.
Silent battles, they will defeat
Together, once again complete.*