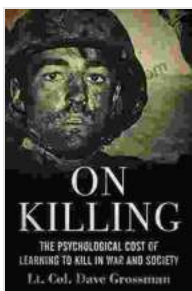


# The Psychological Cost of Learning to Kill in War and Society

Killing is an act that most people find abhorrent. Yet, in war and in some societies, killing is not only tolerated but expected. This can have a profound psychological impact on those who are forced to learn to kill, as well as on those who live in societies where killing is commonplace.

## The Psychological Cost of Killing in War

The psychological cost of killing in war is well-documented. Soldiers who have killed in combat often experience a range of negative psychological symptoms, including:



### On Killing: The Psychological Cost of Learning to Kill in War and Society by Dave Grossman

★★★★☆ 4.7 out of 5

Language	: English
File size	: 3783 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 339 pages
Lending	: Enabled



\* Post-traumatic stress disorder (PTSD) \* Depression \* Anxiety \* Guilt \* Shame \* Substance abuse \* Suicide

These symptoms can be debilitating and can last for years or even decades after the war has ended.

In addition to these psychological symptoms, soldiers who have killed in combat may also experience moral injury. Moral injury is a wound to the soul that occurs when someone violates their own moral code. Soldiers who have killed in combat may feel that they have betrayed their values and that they are no longer worthy of respect. This can lead to feelings of shame, guilt, and isolation.

The psychological cost of killing in war is not limited to soldiers. Civilians who are caught in the crossfire of war can also experience PTSD, depression, and anxiety. Children who are exposed to violence are particularly vulnerable to developing these conditions.

### **The Psychological Cost of Killing in Society**

Killing is not only tolerated in war but also in some societies. In some cultures, killing is seen as a way to resolve disputes or to punish criminals. In other cultures, killing is used as a form of terrorism or ethnic cleansing.

The psychological cost of killing in society is similar to the psychological cost of killing in war. People who kill in society may experience PTSD, depression, anxiety, guilt, shame, and substance abuse. They may also experience moral injury.

In addition to these psychological symptoms, people who kill in society may also be ostracized by their community. They may be seen as criminals or monsters. This can lead to feelings of isolation and loneliness.

### **The Long-Term Effects of Killing**

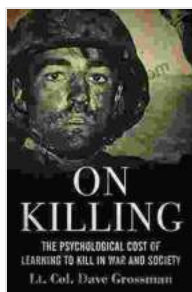
The psychological cost of killing can last for years or even decades after the killing has occurred. People who have killed may experience flashbacks, nightmares, and other symptoms of PTSD. They may also avoid situations that remind them of the killing.

The long-term effects of killing can be devastating. People who have killed may find it difficult to maintain relationships, hold down a job, or enjoy life. They may also be at risk for suicide.

Killing is an act that can have a profound psychological impact on both the perpetrator and the victim. The psychological cost of killing can last for years or even decades after the killing has occurred. It is important to remember that killing is never justified and that there are always other ways to resolve conflict.

## Additional Resources

\* National Center for PTSD: <https://www.ptsd.va.gov/> \* Veterans Crisis Line: 1-800-273-8255 \* The Rape, Abuse & Incest National Network (RAINN): 1-800-656-HOPE



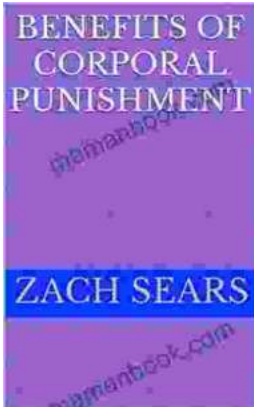
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