What am I doing here?

It was not a good feeling.

Extrapolate that out for a guy who accidentally killed multiple civilians.

God knows what someone like that is going through.
Your moral horizon is like a big tent.

Inside is everybody you care about and feel responsible to.

All the people you’re deploying with.

Friends and family

Maybe your fellow Americans.

Maybe even the people of Afghanistan or Iraq.
Then something happens.
The stakes are high, orders are given, you act, and your sense of what’s right is betrayed.
You blame your commanding officer. He’s out of the tent. Your moral horizon is one person smaller.
You blame the locals and they are out of the tent. You are no longer accountable to them.
You blame the people who supported the war in the first place and they are out of the tent, too.
Pretty soon you’re in that tent alone and all around you, every second of every day, is the war.
1: Self-harm
You feel unforgivable and, at a very deep level, that you deserve to suffer. You may abuse drugs or drive dangerously. You may not care whether you live or die.

2: Self-handicapping
You may feel guilty if you feel good, so you handicap yourself. You sabotage the situation.

3: Demoralization
There will be a small percentage of people who might feel as though they don’t fit in. It might be because you’ve seen so much death and so much human evil that it’s difficult for you to feel comfortable. So you shut down and withdraw.
But talking frankly with veterans about what distresses and haunts them helps researchers like Shay and Litz understand the shape of moral injury and just how common it really is.

Ultimately, the goal of this science based on stories, Litz says, is to find ways to help people to heal from their "uniquely toxic wounds."

That can mean the difference between isolation... and understanding.

Between chaos... and community.