

Veteran claims Harry's 'self-destructive' behaviour is sign of PTSD - 'See it in his eyes'

A retired colonel suggested people will wrongly view Harry's comments as simply "bad behaviour".

By Luke Whelan, Jan 11, 2023

Prince Harry's "self-destructive" behaviour could be a sign he is struggling with post-traumatic stress disorder (PTSD), a retired [army](#) colonel has said. Philip Ingram told Express.co.uk the Duke of Sussex' behaviour "reminded" him of his own battle with the condition.

Over the last several weeks, Harry has thrown the Royal Family under the bus with his leaks of intimate information and allegations against senior royals that have distanced him further from Buckingham Palace.

In his recent television interviews and his memoir Spare, he made scathing claims against [Prince William](#) and Camilla.

According to Colonel Ingram, who clocked 26 years in the military, Harry's behaviour is a "recognisable symptom" of PTSD that is "not talked about often".

He said: "Harry's behaviour reminds me of my behaviour when I was suffering from PTSD.

"I was full of machiavellian thoughts about what was going on. I was doing things that hurt people close to me and not realising I was doing it.

"I was very lucky when I hit rock bottom and managed to look at myself and say look, this isn't me, I need help.

"I can see that in Harry's eyes, in the way he carries himself and talks about things.

"A lot of the things coming out are triggers that remind me of what I did.

"Self-destructive behaviour is a recognisable symptom, but not talked about often."

In his new memoir Spare, Harry claimed he killed 25 [Taliban](#) fighters who he did not view as human. He described them as "chess pieces" to wipe off the board. He also shared details about his cocaine use.

And in his media interviews, he made several attacks on senior royals which many believe have further destroyed his relationship with the Royal Family.

The Prince told Good Morning America recently he felt reconciliation was never going to happen.

He is under fire by royal commentators and the public alike for his attacks with his popularity rating plummeting to a record low.

Colonel Ingram believes everyone is wrongly seeing this as "bad behaviour" and that Harry is especially good at keeping up a "front".

He added: "Those around just see bad behaviour from someone that can be charming and comes across normal."

Talking of his own experience, the veteran described how coping with PTSD can turn you into "an actor on the stage".

The former colonel said: "You're used to living with a front on. You've got a rank, a uniform. An actor on the stage. You can project that so that people around you don't realise what's going on, they don't see it in context of being ill.

"As an individual you don't realise it until you hit that rock bottom piece. Either you get help or you die of suicide."

Some Afghans have been calling for Harry to be punished by the international community.

One Afghan, who lost nine relatives in a 2011 airstrike in the village of Yakhchal in the Nahr-E-Saraj district, told AP news: "We ask the international community to put this person ([Prince Harry](#)) on trial, and we should get compensation for our losses.

"We lost our house, our life, and family members, we lost our livelihood and also our loved ones."