

Dealing with the past...wondering about the future.

I am in the process of writing a memoir of my last 37 years living with a Vietnam Vet. I have had feelings that have swung all over the map and at multiple times have felt like throwing in the towel. I just found your web site.... Where have you been the past 11 years? As I read through the various stories I immediately had tears flowing down my cheeks and I could so empathize with the feelings of "do I still love you?" and what am I doing here" but the next day, when he's more normal and I see glimpses of that gentle man I married, I know what I'm doing here and yes I do still love him. It has been most difficult to handle his drinking to keep himself numb. This too has gone in spurts of moderate to high consumption with the high amounts totally unacceptable to me. As a natural caregiver I have taken over responsibilities, willingly at first, working full time, paying the bills, doing a lot around the house as I tried to lessen his burden thinking that would help but, I am frankly burnt out. I need him to step up and start taking responsibility and yet, he can't seem to handle long term responsibilities. He does great in the short term then will decompensate with a statement, I can't handle it permanently. He at least can see his own weaknesses, if that is any consolation as I breakdown under the pressure. So my coping mechanism has been to begin writing, getting in touch with my creative self in other ways such as quilting, photography. These are all attempts at rekindling the life candle that has melted to an all time low level. For I'm afraid if something doesn't change, we won't make it or we'll both be numb.

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