

## STRESS TAKES ITS TOLL ON WIVES

In the /beginning:

Stress comes in all different forms but the stress that comes from PTSD Post Traumatic Stress Disorder is very near and dear to a veteran wife. We tend to forget what our husbands think is important; we go to the nearest corner put our nose to the wall and cry a lot. Then our spouse comes home and says and what is wrong with you! At this point your about to tell him with words I can't print, but then our short term memory loss kicks into gear and we give the blank stare like who am I? Wasn't like this before I married him, is this PMS? Children growing up syndrome? Middle age I don't know if I love you anymore? I think I need to look to greener pastures, why did I give up my job? Hot flashes in reverse? Hot flashes? Wow a discovery...it is PTSD...so where do I go for help? What is it, it sounds scary. I wonder if other women have the same issues and problems. A quick call to a friend who tells you she does not understand where you're coming from and you need to go spend some money to make you feel better. If your married to a combat veteran chances are there is no money or he is spending it out on the golf course, buying and reselling anything that has wheels on it or while your gone cleaning house his way, which means throwing out all your garage sale items...to be continued next month

Written by D

A combat wife/widow