**Take Your Life and Your Relationship Back**

PTSD is their disease. It is their illness, but it affects everyone. Now that you know it is not you how do you move forward in healing yourself and making your relationship work?

* Learning everything you can about PTSD, using multiple, reliable sources.
* Remember that PTSD does not affect everyone the same.
* Find a support partner, someone that loves someone with PTSD and understands the issues that you face.
* There is no cure for PTSD, but it can be managed most of the time.
* There is no blanket treatment for PTSD. What works for one person may not work for another.
* There may be other diagnoses that go with PTSD that may include, anxiety, depression, or traumatic brain injury.
* Triggers are not the same for everyone.

**Making Time for You**

I know you have heard this over and over again and if you are like me you are thinking, yeah right. How am I going to find time to make time for myself? I spend every waking moment just making sure that my family is taken care of. I work, I cook dinner, I clean the house, I take care of my veteran, I make doctor appointments, I do it all. When do you expect me to make time for me?

There are 24 hours in a day. That is 1,440 minutes or 86,400 seconds. Our lives are made up of moments. Moments in time and by just carving out a few moments for us it can make all the difference in the world.

Take a step back, maybe two or three steps back and remember a time when you did something for you, something that made you happy. It could be something simple like reading a book, or writing, or a puzzle, or playing cards or a craft. The list can go on and on. This list may even take you back to a time that was before kids or even your spouse. Take a few minutes and make a list of what makes you happy.

* The beach
* Baths
* Eating a corn dog reminds me of my childhood
* Drawing
* Writing
* Spending time with my Mom
* Having conversations with my friends

Those are on my list. What is yours?

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Are there moments of the day that you can do any of them? I am sure there is if you look. I have downloaded a few games on my phone that I use when I need a break from the world.

**What It Was**

Imagine your life with your veteran in a world without PTSD. Do you remember why you fell in love with your veteran? It is hard sometimes to even begin to imagine a life without PTSD. All the anger, rage and frustration can make you for get why you fell in love. You may find that you have even developed resentment towards them and are asking yourself why you love them. That is not an uncommon feeling and should not be thought of as a failure.

Take a few and write down the things that made you fall in love in the first place. Do not include any of the negative. Make sure you include the little things he still does.

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**Just a Little Normal, Please**

Many spouses, partners or loved ones just want a little normal in their relationship. They want to go out on a date or a family outing. Getting your veteran to go someplace as simple as the grocery store with you can be like pulling teeth. Having a simple conversation that does not turn into an episode may seem like a dream. We long for those moments of closeness and intimacy. Finding just a little normal may seem like a fairytale. Its not. The hardest part is defining normal. Normal can mean different things to different people, so you must find your normal.

List some of the normal you want in your relationship with your veteran. Make it like a wish list.

* I wish we could go out to a restaurant and dine in
* I wish he would hold my hand more
* I wish he would spend more time with us as a family and not on his phone or playing a game

I wish my veteran….

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You are well on your way to finding yourself and getting your relationship back on track. It is hard to see past the PTSD on some days. PTSD somehow manages to slip into your life and turn things upside down. It is time that you take your life back and put PTSD in its place.