

PTSD & What About Me?

7 Tips for Caregivers & Supporters

Welby O'Brien

www.LoveOurVets.org

It takes an exceptional person to love a Warrior, especially a Warrior whose war will never cease.

1. _____ the facts.

- No going forward until we accept the PTSD and our “_____.”
- The PTSD is here to _____.
- We cannot _____ it/them.
- There will be _____ days and _____ days; good moments and bad moments.
- We will be deeply and profoundly _____. We too will see symptoms of PTSD and we will get triggered.
- We will never get _____ we need or want from them.
- We do not need them to _____ be okay on order for us to be okay.
- It is _____ PTSD...it really is not me!
- Accepting it does not mean we have to understand it or _____ it.

2. _____ resources and learn all you can about PTSD.

3. _____ with others.

4. _____ for your own triggers.

Don't freeze. _____ slowly and deeply.

Don't fight. _____ calmly, “I feel __,” and “I need__.”

Don't run. _____ about what my body needs now to make it feel safe.

5. _____ of YOUR needs: physical, emotional and spiritual.

- Accept your _____.
- Nurture yourself via all 5 _____.
- Release the compulsion to _____ the world.
- _____ yourself with good support.
- Get _____ for YOU!
- Replenish with _____ input.
- _____ well and _____ well.
- Process your _____ in a healthy way.
- _____ regularly.
- Stay current with _____ visits.
- Take _____ for YOU.
- Have healthy boundaries and be able to say _____.
- _____.

6. _____ your unique individuality as you pursue your purpose.

7. _____ to learning and growing.

- Realize that growth and its benefits don't happen _____.
- _____ from others who are overcoming similar challenges.
- Get good counseling and _____ what you discover.
- Keep our sense of _____ and be able to laugh at ourselves.
- _____ on our own issues.
- Enjoy and _____ the good moments.
- Stay open to the discomfort of the _____.
- Feel good about the _____ we HAVE made.
- Keep _____ on what is really important in the long run.
- Remember that all our efforts will be _____ it.

Poem: *I Loved Someone with PTSD* (on website)

For more information, support and resources visit:

www.LoveOurVets.org