



THE FAMILY UNIT,
MARRIED TO
SOMEONE
WITH
POST
TRAMATIC
STRESS



What is so unique about Point Man?

Point Man International Ministries takes an approach which deals with the moral and spiritual aspects of man. Secular psychiatrists' psychologist by their very definition, have chosen to ignore the reality of the spiritual dimension of man. In so doing, they have overlooked the only resource which can achieve lasting results.

Where do we go from here?

You may have heard that PTS (per DSM-5: Post Traumatic Stress Disorder [PTSD] is referred to as Post Traumatic Stress [PTS]) is incurable. Well, perhaps we all must live with the consequences of our past choices and experiences. It does not necessarily mean that we are doomed to an unbearable home environment because of those past experiences.

When other resources have not been successful in reducing the symptoms of PTS. Veterans, First Responders and their families have sought and received help through therapy; such as therapy that is offered by Point Man International Ministries through the word of God.

The Truth to it:

Since 1984, Point Man International Ministries has focused on reaching out and ministering to the Veterans still struggling from their involvement in war(s). Initially, the emphasis was on the Vietnam era Veterans, but the ministry now reaches out to **ALL Veterans and First Responders**. Due to a large number of men and women that are still plagued to some degree by war related adjustments, as well as First Responders' street trauma.

A Veteran and First Responder who suffers from one or more of these problems are generally diagnosed as experiencing *Post Traumatic Stress*. Most assuredly, the problem does not end there. The behavior and manifestation of delayed stress greatly affects the family cohesion and friends who live with it day in and day out.

The Findings:

Psychologist are now finding the Loved ones of Veterans and First Responders are experiencing varying degrees of PTS, even though they never got close to the training or theater areas, or street trauma. Their war, of course, is at home. Many feel like they are "prisoners to the trauma", from being married to a Veteran or First Responder.

Characteristic of a Spouse, Children, Family and close Friends To someone with PTS

✓ FEAR:

Spouse fears what might happen next time their partner has another fit of rage or has another flashback.

Fears their partner will leave and abandon the family and never come back.

Fears what might be happening to their partner when they are not home, but fears when they are home as well.

Fears impending financial disaster because of their partner's unstable job history and mounting bills

Spouse fears sexual problems may be their own fault.

Fears "middle of the night surprises".

Fears "if just one more thing happens, I'll lose my mind".

✓ GUILT:

Guilt for having married a Veteran or First Responder as well as guilt for having thoughts of leaving them.

Sorry for putting the child(ren) through the trauma.

Feeling that "it's my fault, if I were a better spouse, he/she would be different".

Guilt for spending money on themselves or having a hard time just having fun.

Need for intimacy may have led to an extra-marital affair and resulting feelings of guilt.

Feels guilty for just about everything.

✓ DEPRESSION:

Sense of helplessness and hopelessness. "Tired of trying." Sets up for disappointment.

Low self-esteem – compulsive perfectionism, or the other extreme, poor appearance, dirty home.

✓ REJECTION:

Feels rejected by friends who no longer come around. Feels rejected by the community because of lack of community support or interaction.

Spouse feels that they cannot truly be intimate with their Loved One and feels rejected by them. They see it as the inability of their partner to share their emotions with them as a rejection of them.

✓ ISOLATION/ALIENATION:

Spouse, child(ren), and family may have few friends or be able to relate to friends as they would like to because their partner has alienated them with attitude or actions in the past.

The few friends or family the spouse does have are tired of hearing about their troubles with attitude or actions in the past.

May escape into a fantasy world or romantic fiction, TV, thoughts of affairs, compulsive buying, etc.

✓ INSECURITIES:

May lean on child(ren), friends or others too heavily for emotional support.

Continual manipulation of the Veteran or First Responder and/or circumstances in order to be in control.

Constant tension and anxiety because they never "know what they will do next".

Financial insecurity leads to tremendous anxiety.

✓ **Denial:**

Denies the family has problems.

Denies the spouse has a problem or totally blames the Veteran or First Responder for all the problems.

Denies God, or anyone else, who can help the family.

The following list provides details of symptoms displayed by Veterans and First Responders suffering from PTS, along with the most common reactions/symptoms in spouses, families and close friends.

In the Veteran/First Responder

- ⇒ Flashbacks
- ⇒ Isolates self & family
- ⇒ Emotional distance from family & others
- ⇒ Depression / Worthlessness
- ⇒ Anger----Rage
- ⇒ Substance Abuse
- ⇒ Anxiety or Nervousness

In the Loved one(s)

- ⇒ Constant anxiety
- ⇒ Alienated---No friends
- ⇒ Low self-esteem
- ⇒ Depression / Hopelessness
- ⇒ Resentment & Bitterness
- ⇒ Over responsibility---Enabler
- ⇒ Overwhelmed & Stressed

The following helps illuminate the magnitude of this problem among Veterans, First Responders and their Loved ones.

- ❖ PTS remains an ongoing challenge for Veterans and First Responders of all eras, and their families.
- ❖ Images from the current war(s), training and trauma from the streets are causing many older Veterans and First Responders to experience recurring PTS from their own experiences.
- ❖ Many people have a direct personal link to a Combat Veteran or First Responder (i.e., parents, spouses and children) that are trying to overcome PTS.
- ❖ Suicide rate of those with PTS is higher than that of the general population dealing with other issues leading to suicide.
- ❖ Divorce rate for Combat Veterans and First Responders is double the National average.
- ❖ Unemployed Veterans are three (3) times higher than the National average.

Symptoms of a dysfunctional family that has a member suffering from PTS

- Suicidal (***Need Help, CALL 911***)
- Drug and alcohol abuse.
- Divorce; many have been divorced several times.
- Children in dysfunctional marriages is incalculable...common problems found in children; is suffering from PTS.

To include:

1. Low self-esteem
2. Developmental difficulties in school
3. Aggressiveness
4. Impaired social relationships
5. Symptoms similar to those of Veterans or First Responders
6. Feeling responsible for the Veteran or First Responder emotional well-being
7. Ambivalent feelings toward mother/father
8. Preoccupation with power/death
9. Nightmares, daydreams, or other forms of preoccupation with events which were traumatic to the Veteran or First Responder

The Conclusion:

The strategies for healing which Point Man have found effective in dealing with the Veteran or First Responder is now being offered to spouses through **HOMEFRONT** (Military Family support within Point Man International Ministries). Homefront chapters are all lead by spouses of Veterans and First Responders, who have experienced the “emotional war at home” and found Jesus Christ as the only true answer to their Emotional Health. The spouses minister love, compassion, prayer support and the word of God in small home groups as needed.

- ❖ Many spouses need help knowing and understanding they are not alone in their experiences with their partners.
- ❖ Families need help to understanding PTS and why the Veteran or First Responder respond to life the way they do.
- ❖ Loved ones need help focusing and maintaining their own walk with God. Allowing Christ to change the way they themselves respond to traumatized survivors through prayer and studying the word of God, either individually or within groups.

“Peace on earth,” at last that internal peace which will not be easily shaken regardless of the trauma, can only be achieved through knowing the Prince of Peace.

Do you know someone that is married to a Veteran or First Responder who needs to hear some fresh alternatives?

For more information call:

Point Man International Ministries

1-(800)-877-VETS (8387)

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