

Codependence in Veteran's Families

Codependence is a common dynamic in our American society. Unfortunately it hampers veterans' recovery from:

- *PTSD*
- *TBI*
- *MST*
- *Substance Abuse*
- *Trust*
- *Depression (often with suicidal thoughts)*
- *Anger Issues*
- *Adrenaline Addiction/Risk Taking Behaviors*
- *Coping with Physical Disabilities*
- *Survivor's Guilt*
- *Grief*

These are only a few of what a veteran faces especially when returning to civilian society.

Veterans are accustomed to being a part of a unit where each member is as strong as they can be to ensure the survival of the unit and all the members. Let us all who want to help our veteran, look at ourselves and our own relational processes; where we have failed in becoming the best and most healthy we can be. It is best if we choose to be a strong member of our family/friend unit. For as we stay unhealthy in body, mind and spirit we influence our family/friend unit to stay the same: hobbled, with shackles.

To overcome all the effects of being a warrior it takes great effort; sometimes overwhelming effort. A veteran needs help from the outside; from family, friends and yes, professionals. This is how it has always been; it's just that America is not a Warrior Society like our Native American societies have been. They all understood how it is to return from battle and how it tears at your soul.

For the veteran to overcome all the effects of being a warrior it takes great effort; sometimes overwhelming effort. They need help from the outside: from people who care about them. This is how it has always been, it's just that America is not a Warrior Society like our Native American societies have been. They all understood how it is to return from a battle and how it tears on your soul.

Our goal is to help achieve the best results for all, thus improving the lives of everyone around our veterans. This is where we as civilians can help our troops on a one to one basis; where it truly counts. We must look at how we can be the best we can be. If we stay in our codependent lifestyle with the accompanying relational dynamics, inept coping skills, we hamper our veteran's progress. We become the wound that need not be there. In this effort this pamphlet has been created for those who care about our veterans.

Happy Journey. Happy Healing.