

LIVING WITH MY "COMBAT VET" HUSBAND..  
THE WAR THAT IS RAGING IN HIS HEAD-DOES IT EVER END!!!!  
NO IT DOESN'T!!

This November will be our 43rd wedding Anniversary, yes, I am still married to the man of my dreams that I met 45 years ago. He was everything I wanted in a man, loving, gentle, romantic, affectionate, caring, the list goes on and on. I saw him off at the airport in 1967 as he was headed to his first tour of Viet Nam. I will never forget the awesome loving hug he gave me. Four days after he left, I received a post card from him in the mail, "I want to marry you when I get home and be a dad to your baby. Yes, I was young, became pregnant, he knew that this baby came with the whole package. We wrote letters the whole time he was in Nam. Then I stopped writing, I was young, pregnant, confused. Well, we started writing again, he told me he was finally headed back home to the USA, we (My-our daughter) met him at the airport, he insisted. It was wonderful to see him walk out of the plane, our daughter called him "daddy", and our live as a family began. We got married, that was in 1969.

Fast forward to today, August 10, 2012. My life with my vet, well, how else can I explain it other than I walk on eggshells every day. My Vet Husband is not the same man that I met back in 1968. There is no longer any romance, affection, hugs. I handle all of the bills/finances, phone calls that need to be made. We live a very secluded life, we have no outside friends other than other Vets that he has joined in the VNV/Legacy Vets M/C (Viet Nam Vets/Legacy Vets Motorcycle club. Those are the only people that he is relaxed and comfortable around. As for family, well, we have 3 grown children and 5 grandchildren, he loves them dearly and enjoys then being around, though only for a short period of time. We have beome home bodies. If there is a function of the club going on, we go because that is when he is at ease and not feeling on guard.

I have gone through VERBAL, MENTAL ABUSE, major outburst from him. Some days I just want to run away, but that is not possible, he needs me. Our marriage has gone through many many problems. It has not been easy by any means. I have had friends who have asked me why I stay with him. I LOVE MY VET. HE REALLY AND TRUELY LOVES ME. HE WOULD EVEN KILL FOR ME.

I had no clue what I was about to endure after he came home. Always on guard, every night he does a walk through of the house to make sure that all the doors and windows are secure before he goes to sleep, or tries to sleep. He is awake and alert at the drop of a dime. I learned early in our marriage that I cannot touch him to wake him, I stand at the foot of the bed and quietly and clamly call his name to wake up, or he would come up out of the bed ready to kill. These issues have been going on since he came home, 43 years, no it does not go away, does not get better.

It took me 18 months to get him his 100% disability from the VA. He is no longer employable, he does not do well at all in crowds, always on guard, unless he is at a club function with other vets that have gone through the same things as he has endured while in Viet Nam. Just recently has he started to talk about things in Viet Nam, 43 years later. He had to leave his job due to the fact that another employee said the wrong thing to him in 2001, he was ready to kill. He has not worked since then.

There are MANY different things that can trigger him to go off, have a bad outburst. Does it ever end you ask! NO, it does not end. He can go a day or two without having any episodes, act very normal, be very happy, then out of the blue, he can go into a rage. He has been an outpatient with the VA now sense 2002, thank God for that, though I still walk on eggshells, I still have to be careful when talking to him as to not set off a trigger

point. No it doesn't ever go away.

My Vet Husband could only hold a job 5 years to longest, and then would have to move on to another job. The longest we have lived in one home is 5 years. Will this ever change, NO. We have been in this home here in Utah now since March of 2012, our lease is up in 2013, will we renew our lease here, well, that i CAN'T tell you, it will depend on how my husband feels at that time.

My only personal friends are online. I have found my own personal "ME TIME", sculpting, it takes my mind off of my every day life of having to walk on eggshells or to watch what I say. At any given moment he does interrupt me, though I just stop what I am doing and listen to what he has to say. He does have one form of therapy, that is his music, he plays the guitar, it relaxes him. I have learned to not interrupt him when he is playing his guitar or watching TV or interrupt him if he is on the phone. Each one of these are trigger points and automatically throws him into a rage eithe small or large. I have learned his trigger points, though it has taken me 40 something years.

Will I continue to stay with my VET HUSBAND!!! YOU BET I WILL, HE NEEDS ME, I WILL ALWAYS BE HERE FOR HIM. His well being is my number 1 priority.

There is help out there. DO NOT GIVE UP HOPE, DO NOT WALK AWAY FROM YOUR VET SPOUSE, THEY NEED YOU.

I AM NOT A COUNSELOR, I AM NOT GOOD WITH WORDS, BUT IF YOU EVER NEED TO TALK, CONTACT ME. It does HELP TO TALK, I HAVE A HUGE EAR FOR LISTENING, LARGE SHOULDERS FOR YOU TO CRY ON. I AM HERE FOR YOU!

A VETS WIFE

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P.S. this is my outlet:

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