

Put those emotions somewhere positive

Marylyn: PTSD affects your relationships in every way. It affects with friends, with romantic-type relationships and it even affects the way you raise your children. It affects every aspect of your life. Usually negatively if you don't find a way to get some assistance and find out how it actually is affecting you, and the assistance I sought was through, like I said the Vet center, the VA, and a lot of community providers to help me identify my symptoms and identify some of the behaviors I was participating in. I was angry. I remember coming back from Desert Storm I was raging, I was very, very angry and you have to put that anger somewhere, put it somewhere positive. I didn't know how to do that at that time, so, it came out in all kinds of bad ways. There were fights, just a lot of negative experiences and I had no idea where it was all coming from.



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