

Supporting Tammy

Supporting me - what I need

- **Please have patience with me**

Going through a divorce along with learning to cope through the trauma I endured takes time. There will be days when I recall good memories - that makes me smile and sad inside at the same time. Other times, I will be reminded of something bad that happened to me and I cry, get angry and need time alone to sort through my feelings. Then, I need someone to talk to about them that I can trust.

- **Support my relationship with my ex-husband**

Although there is no excuse for the bad things that happened, he is still the father of my children and got help managing PTSD. It is very important to me that we work together for the kids and have that peace in my life. Understand that I made mistakes that hurt him, also. I am now strong enough to say what is healthy for me when it comes to him and we consider each other 'friends'.

- **Listen to Me When I Need To Vent**

I know it can be tiring to those I love and trust to endure the amount of support I need, but I appreciate being able to get it out so I can move on. If I am talking to you about what I am going through, that means I value you as my loved one and trust you with the information I share.

Supporting me - what I do not need

- **Do not question my truth**

You may not have seen bruises or heard stories about what I went through. My ex-husband has confessed to hitting me, choking me, calling me names in front of the children, and doing things in which I felt inferior and lowered my self-esteem. I do not appreciate being asked, "Why didn't I see the bruises?" or "Why didn't you tell someone sooner?"

- **Do not talk harshly to/around me**

When you are around me, please talk as calmly as you possibly can. I am still very 'raw' to being yelled at/around and it is very emotionally difficult for someone to talk harshly to me, especially when curse words are used. I may get tense, quiet and cry, or I may lash out. This is because I feel the need to 'fight or flight'.

- **Tell me to "Just forget it and go on" or how to feel**

I would love not to remember things that happened, but I cannot always 'shut off' the flashbacks and when they happen, it still feels like it just happened yesterday. I need time to be alone and cry my way through the emotions, but I will be fine. Don't pretend that this did not happen to me or expect me to ignore my feelings.

WORKING

My family is together and I am financially stable

Everyone thinks this marriage is perfect

I love him, my family adores him and he doesn't always treat me badly

NOT WORKING

How this is affecting the kids

I try constantly to be perfect and am physically/emotionally exhausted and appear on edge to everyone - I'm tired of the hurting

I never am sure when he is going to lose his temper

