

This victim talks about how she lived in a mentally and emotionally abusive relationship with her first husband. She said she was isolated from family and friends and her partner was constantly telling her she had a better quality of life than she really did. Her husband was not helping her with the children, and he was incapable of supporting the family. She had told him she had been working and supporting the family and he had told her she was not. Everything positive she was doing, and contributing to the family; her husband was opposing her and invalidating her feelings. She was losing her self-worth and self-confidence.

She went into a Psychiatrist with her daughter -who had pulled her eyelashes and eyebrows out and had started pulling her hair out physically. When she explained to this Therapist the quality of her life at home, and how she felt about it-- the Counselor validated her feelings. She realized she was right. She felt that was a catalyst in realizing that she needed to leave this man and that he was not healthy for her or her children. The marriage was causing great stress in her life as well as her children's. She was nervous and scared, felt she did not have the courage to leave her husband. She indicated that she wanted to have a home with peace and prosperity for her children. Her family was living in very poor conditions and with great deals of stress. She grew her relationships in her business and organization she created and her social support got larger. She finally got the courage and filed for divorce. She thought there was no way she could provide the kind of life with peace and prosperity for her kids; she thought it was beyond her possibilities.

I like how this person spoke about how, she had a choice to connect to the good parts of her future and everything around her. Her friends helped her to see that. She did not have to live in the past and re-live her stressful marriage each day. She could look to her future. She did not have to fix everything in her past relationship; and she could have peace and happiness. The technique is easier to realize than to practice.

Shortly after her divorce, she dealt with depression, anxiety and panic attacks every day at about the same time. She had trouble sleeping more than 4 hours a night. She could not eat, sleep and her children were unhappy. She was very thin. Her husband had filed for custody and wanted her to have a mental evaluation. It was a very hard situation. She said in the beginning she did not handle it well and displayed emotions of anger, fear and terror. She had lived in fear for so many years that she had lost the ability to relax and be at peace.

These are the methods she used to help her calm down. Recognizing that she needed to control the thoughts in her mind, or she would melt down into a panic. She had to slow her mind and see options for her children. She removed all media, turned off the T.V. and did not watch it or the news. The media had too much negative stimulus. She only read positive books that sent messages of hope; she read 10 minutes a day only uplifting literature. She would eat a meal with her children once a day. She was going to value herself and her family time. She had her Mom help her throw out old baggy clothes

and pick out new feminine ones. She decided to exercise daily and chose methods that helped her to stand up straight and have more self-confidence. She faked smiling until she felt better. She learned the value of gardening and flowers. She spent a lot of time looking at nature. She can focus on the beauty in her life. Massage Therapy is helpful for anxiety and yoga, learning to control her breaths. She started practicing her instrument for 10 minutes a day. It is mentally healing to be creative in her talent; her mind is at ease and well rested, when she is done with her practicing; because it rests her from her worries. At home, she had the small goals of making sure the dishes were clean, the laundry is away and the kitchen gets clean. She prays and does religious reading at night.

How did she maintain her optimism? She can control the thought she thinks in her mind and thinks optimistically about her life, she will feel more optimistic. If she thinks positively she can be a striver and survivor in her life. Her children worked towards small goals when she did. Her children changed their perspective when she changed hers. Enjoy life in the moment and be grateful. Gratitude in life helps her be resilient. She celebrates that she can live in her life by being emotionally honest. She is emotionally alive, she feels whole and well. She does not feel broken. Life is rewarding and wonderful for her. She wants others in similar situations to know that they can come out of abusive relationships and be joyful and thankful.

Post Traumatic Stress seems to be a normal condition for most people going through major traumatic life experiences. Divorce, loss of a loved one, change in employment, or family contention seem to be major contributors to PTS. Past war involvement, witnessing a crime or an accident, and witnessing abuse of any kind can also contribute to PTS.

Post Traumatic Growth is resilience, gratitude, spirituality, positive thinking and self-worth. It is the intrinsic power to overcome one's circumstances and become defiantly grateful even when facing great adversity. Self-confidence, integrity, transcendence, altruism, humor, mindfulness and gratitude play a deep role in recovery from traumatic experiences. Having a good social support group; family, friends, religion or spiritual group, and business colleagues can assist one in recovery as well.