




- ★ COMMUNITY
- ★ GUIDANCE
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MILITARY LIFE AND EMOTIONAL ABUSE

Emotional abuse is more common than many people think, and it happens in all kinds of families at all different economic levels. Unfortunately the unique experiences of military life can increase the risk of abuse in some families.

 Here are some reasons why emotional abuse may occur in military families.

The ongoing cycle of deployment and reunion can cause stress that might lead to abuse.

Has deployment and reunion ever caused stress in your relationship? Tell what happened.

What is one thing you can do to help reduce this stress? _____

Military families frequently have to relocate and leave behind social support systems.

Has frequent relocation ever caused stress in your relationship?

What is one thing you can do to help reduce this stress? _____

A partner may be economically dependent on the service member, which can lead to an uneven balance of power.

Has economic dependency ever caused stress in your relationship?

What is one thing you can do to help reduce this stress? _____

When a partner returns from combat emotionally or physically wounded, the level of stress in the home can become particularly high.

Has an emotionally or physically wounded partner ever caused stress in your relationship?

What is one thing you can do to help reduce this stress? _____
