




★ **COMMUNITY**  
★ **GUIDANCE**  
★ **SUPPORT**

## WHAT CAUSES STRESS IN A MARRIAGE

Knowing what others find to be the biggest sources of tension and divisiveness in a military marriage will put you on high alert. If you are sensitive to these potential areas of stress, it's easier to address them promptly when issues arise.

Here are ten common pitfalls:

1. A good deal of time spent apart
2. Lack of communication (for example, not feeling listened to or understood, not being honest about your feelings, or having difficulty staying in touch from afar)
3. Financial pressure
4. Issues over children (for example, different parenting styles)
5. Loneliness and isolation
6. Feeling unappreciated or taken for granted
7. Lack of personal fulfillment or independence
8. A weak support system
9. Ignoring negative feelings, such as anger, sadness, fear, or resentment
10. Being overwhelmed

 Which of these stresses do you identify with? Write them here:

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Is there anything else contributing to your stress?

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What do you think would help to reduce your stress? (For example, you can't control deployment, but you can find ways to stay connected, work on having better communication, bolster your support system, or meet others in your situation.)

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