

:::Taking care of my needs

Why I should put myself first?

You have your own path to walk. If you continue to live your life in a way that does not serve you, you will never know the wonderful things you can achieve.



What stops us from putting our needs first?

Difficulty saying "no". If we are someone who is inclined to say yes when really we want to say no, we are not being real or true to ourselves. Consequently we can end up feeling stuck and frustrated.

Not being clear about our boundaries

If we are someone who like to help others, it can be difficult for others to know the boundaries. Let people know what you tolerate & what you don't.

The belief "I am being selfish" by putting my needs first. Instead, think about putting your needs first as being **"Self-full"**.

Self-worth. Other common belief among partners who are carers are "My needs are not a priority" or ambivalence about getting help-or think other people deserve help more than me.



Combat Stress. Session 5

My legitimate rights

1. You have the right to put yourself first sometimes
2. You have the right to your opinions and convictions
3. You have the right to your experience even if it's different from others
4. You have the right to ask for help, emotional support or anything you need- even if you don't always get it.
5. You have the right to say no. Saying no does not make you selfish.
6. You have the right not to justify yourself to others.
7. You have the right to sometimes inconvenience or disappoint others.

Making sense of my experiences living alongside PTSD

People who are survivors of trauma can develop enormous wisdom and resilience. Whilst these experiences will never leave a person or a family living alongside PTSD, this self-knowledge is unlikely to have developed without these difficult experiences.

Is there is anything meaningful you have learned about yourself or about life from this experience of living alongside PTSD?

What advice would you give to your younger self, the person who did not have this knowledge & understanding you have now?

How might this self-knowledge be helpful for the future?

