



PTSD Marriage: Don't Beat Yourself Up

Keith Terry

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"PTSD in our relationship was 70% normal temperature and 30% too hot to touch. If you saw us together, you would not think there was anything wrong. And there wasn't from my perspective. None. Nada. Zilch. Everything was great. Then Boom. No thermostat you see. Suddenly I am a serial adulterer. I am an alcoholic. I am obsessive. I am insert label here. It takes just one hastily constructed sentence or one act of casual silliness, a sideways glance. Toast." Author Keith Terry explains in detail what it is like to sustain an eleven-year relationship and later marry with someone with diagnosed Post Traumatic Stress Disorder. Sometimes disturbing, this utterly compelling book will raise as many heckles as it helps to solve relationship challenges caused by PTSD. "I am not St. Keith" he writes at one point, showing that labels are neither useful nor practical for either partner. Even those who haven't been diagnosed with this condition will be heartened by the mutual search for what we are all seeking. The notion of true love is not defined by barriers, but by deep dedication.

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Jennifer Pittman:

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