

#MyVoice: Do you find that experience is used to encourage or compete in “martyr olympics”?

“Martyr olympics”: When a spouse tries to “one-up” another by making it a competition on “who had it worse”.

I found that a spouse deploying, as opposed to training / exercises / courses / basic was a HUGE source of martyr olympics...

I benefitted greatly from experienced spouses who shared tricks and ways to maintain communications ...

I feel silenced all the time because I don't have kids. I...understand that postings, etc. will get more difficult once we have kids. But that doesn't mean things don't feel stressful or hard right now!

Instead of sharing "I had it worse, don't complain" it can be "I survived, you can to".

I've had non-military friends not want to complain ...I just said "It all sucks, no comparison or degrees of suckitude needed, when it sucks, it sucks. Let's drink!" Usually followed by wine or coffee

Sometimes spouses don't mean to compete but it is taken that way...they just want validation for their struggles.

■ Encouragement
■ Martyr olympics



(families engaged=76)