

Co-Survivor - Definition:

A close associate of a traumatized person: a close relative or friend of somebody who has experienced a traumatizing event.

Is it that easy to define a Co-Survivor? Let's break it down some more.

Co-Survivors can be so many things; a friend, a significant other, a husband, a wife, a daughter, a son, a mother, a father. Probably even more that I haven't listed. I see a co-survivor as someone who was with you before, during, and after the traumatic life changing event that you went through or are going through.

Your co-survivor is always there for you and sees your daily struggle. At times we are to carry every burden possible to give you some sort of relief. Unfortunately I have seen, including myself, where the co-survivor is beyond stressed out and feels that they can't support you in your time of need. That's where the co-survivor needs to find a way to deal with the stress. Dan and I have said we will help support the co-survivors in any way possible. I know "**SHARING**" with others is probably way beyond what some co-survivors can do, but it is a great way to help remove some of the stress building up. Help find your co-survivor's stress reliever. Help them realize they need to find ways to destress. One way to get them some help is have them contact the group or Dan Stevenson and I directly! Even if your co-survivor isn't ready to share yet, just offering the support to one another can help!

Brian Young
Co-Survivor