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Cohen Veterans Network Shares *Lessons in Love* from Military Couples

CVN Asks: What Can Civilian Couples Learn from Military Couples When It Comes to Love and Relationships?

Stamford, CT., February 4, 2021 – From the stress of deployments to frequent moves, military couples face a number of unique challenges. But in working through those distinctive experiences come universal lessons in love. This February, Cohen Veterans Network (CVN), a national not-for-profit network of mental health clinics for post-9/11 veterans and military families, is looking to military couples for relationship advice that any couple can employ to strengthen their marriage or partnership.

For *Lessons in Love from Military Couples*, CVN’s clinical team developed relationship tips derived from their work with military couples. Additionally, veterans and military spouse staff members across the network share the thoughtful ways they stay connected to their partners.

“From deployments to frequent moves to job training separations, military couples face situations not typically experienced by their civilian counterparts,” says Cohen Veterans Network CEO & President Dr. Anthony Hassan. “Yet, despite these difficult circumstances many military couples are able to thrive. As we work to fill the gaps in care when it comes to treating military couples, we see their resilience on display each and every day. There is a lot we can learn about relationships from military couples.”

CVN provides couples counseling to post-9/11 veterans and active duty service members across its network of [19 Steven A. Cohen Military Family Clinics](#). Treatment is available for a wide variety of challenges including relationship problems, family issues, children’s behavioral problems, depression, anxiety, post-traumatic stress, grief and loss, anger and adjustment issues. Couples can be seen in-person or via [CVN Telehealth](#), face-to-face video therapy.

Highlights from staff members include everything from a creative way to communicate to building a support system:

LESSONS IN LOVE from MILITARY COUPLES
Tips to Strengthen ANY Relationship

Communicate Your Needs
Speak about your emotion, identify the problem, then propose a solution. Use "I" statements, "I feel [emotion] when [explanation]".
Ex: "I feel frustrated when I walk the dog and you're asleep. Will you walk the dog some days?"

Listen to Understand
Sometimes all your partner wants is for you to listen & support them, NOT solve the external problem for them. Repeat back what your partner says to check for understanding.
Ex: "Your point here is..."

Make Your Love Obvious
Never want to run on the assumption that your partner knows how much you appreciate them - make it obvious! How? Celebrate everything you can and alternate the planning. Making the effort to do something special shows you care.

Get in the Team Spirit
Your relationship is not the same as the military hierarchy. Treat your partner as an equal rather than a subordinate. Relationships thrive when partners communicate collaboratively. Talk through details to align efforts as a team.

Ask: "Are We Stuck?"
Relationships can get stuck in patterns that aren't working, but it's hard to break out of them. If you're feeling "stuck" don't wait to seek couples counseling. Prevention is the best cure!

For more information visit: cohenveteransnetwork.org



“When returning home from a deployment, I felt disconnected from everything that had happened with my family during my time away. So, during deployments or extended trainings, we started writing little notes about our day in a journal and would send it back and forth to one another. A child’s lost tooth, a new restaurant, the platoon prankster – the journaling kept us a part of each other’s daily lives.”

-Veteran & Military Spouse Cohen Clinic at The Up Center Virginia Beach, Virginia



“If your spouse is away, it’s ok to limit responsibilities to keep your sanity. There was a time when I refused to get dinner on the way home in order to save money and ensure we were eating healthy. But that thought process was stressing me out! Sometimes it’s ok (and the kids love it, by the way) to do the drive-through and have more time in your evening to do other things. It’s better for kids to see a happy, sane parent than to have homecooked meals every day.

-Military Spouse, Cohen Clinic at VVSD San Diego, California



“Always finding your friends who become like family at each duty station. My husband and I call it our “family” these are people we celebrate life with. Whether it be something like a birthday celebration, a hike or even a game night. Having these strong social supports have not only helped strengthen us as a couple but also make each duty station that much more enjoyable.”

-Military Spouse, Cohen Clinic at Alaska Behavioral Health Anchorage, Alaska

For additional lessons in love from Cohen Clinic veterans and military spouses visit [Lessons in Love from Military Couples](#)

To download the Lessons in Love from Military Couples infographic [click here](#).



ABOUT THE COHEN VETERANS NETWORK

Cohen Veterans Network is a 501(c)(3) national nonprofit, clinically integrated mental health system for post-9/11 veterans and their families. CVN focuses on improving mental health outcomes, operating a network of outpatient mental health clinics for veterans and military families in high-need communities, in which trained clinicians deliver holistic, evidence-based care to treat mental health conditions. Learn more about CVN [here](#).

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