

To The Ones I Love

I became involved in emergency service work because there is a need for us to help others in our community when they are in trouble. Sometimes, there are events I respond to that are difficult to talk about - even with the people you love and trust most in the world.

... Please accept that.

At times, there are experiences I suffer which hurt me very deeply. I might bring my suffering home. Sometimes my experiences make me feel so badly that I can't even talk about them. Maybe it's because I don't want you to even imagine what I have experienced, or maybe it's because I'm afraid that you won't fully understand the depth of my suffering and feelings. During these times, I may become irritable or moody or I may not seem to care much about your feelings or problems right then.

... Please accept that.

I hope you love who and what I am. I choose to do what I do because it is so important to me and to those I help. Even though it is sometimes very difficult and dangerous, I love being involved in emergency services. And, I do it well. I am proud of what I am and my choice to do this. I hope you are proud of me.

There are some events and responses when I feel that I didn't do enough. So many people out there depend upon me. There are even times when I get frustrated or even angry at myself, my co-workers, or the people I am trying to serve during their tragedy. There are horrors I have to deal with that just overwhelm me. That's when I need time to sort things out, either by myself or with others who were there with me.

... Please accept that.

And so please, when I have a really difficult call and just can't talk, it is not because I don't love and care for you. My silence is not because I doubt your love and concern for me. I may just not be ready to open up or I may be shielding you from my pain. When this happens, support me and don't try to understand. Just accept the fact that I may be overwhelmed or hurting and that I will talk to you about this as soon as I can.

... I promise!!!

Adopted from a document by an anonymous N.Y. police officer, 1996



Arrowhead CISM Team
www.arrowheadems.com/cism
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