

You Don't Have to Do This Alone

A lot of people think the hardest part of military service is deployment.

It's not.

It's what comes after.

The transition.

The identity shift.

The moments where everything gets quiet... and you don't know who you are anymore.

In a recent conversation with Tre and Jelena Moore, that reality came into focus in a powerful way.

The Part Nobody Prepares You For

After 23 years in the Army, Tre did what most service members look forward to:

He retired.

At first, it felt great.

No calls in the middle of the night.

No responsibility for soldiers.

No constant pressure.

But then reality set in.

“I didn't feel like I had a purpose... I didn't know who I was.”

That's the part no one really prepares you for.

When Identity Was the Uniform

For over two decades, everything made sense:

- Rank
- Structure
- Mission
- Leadership

Then one day, it's gone.

And you're left asking:

👉 Who am I without this?

The Hidden Battle After Service

Tre's experience isn't unique.

Many veterans go through:

- Loss of identity
- Lack of direction
- Feeling disconnected
- Job hopping trying to “find something”

He went through three jobs in two years trying to figure it out.

That's not failure.

That's searching.

Then Everything Changed

In 2023, Tre was in a serious accident.

A moment that could have ended everything.

Instead, it became a turning point.

“I consider myself blessed to be alive... I'm not taking anything for granted.”

That kind of moment forces clarity.

Fast.

What Real Support Actually Looks Like

Here's where this conversation separates itself.

Jelena didn't just “support” him.

She carried the weight when he couldn't.

- Managing the household
- Taking care of their son
- Handling work
- Holding everything together emotionally

All while dealing with her own fear and stress.

That's what partnership actually looks like.

Not 50/50.

Not even 60/40.

👉 Sometimes it's 100/0

The Truth About Marriage Nobody Says Out Loud

Marriage isn't:

- perfectly balanced

- always fair
- consistently equal

It's adaptive.

Jelena said it best:

👉 You have to sacrifice parts of yourself in certain seasons to support the mission

That doesn't mean losing yourself.

It means understanding timing.

Interdependence, Not Independence

A lot of people are afraid of losing themselves in marriage.

But the real goal isn't dependence.

It's interdependence.

You're still your own person.

But together, you become stronger than you were alone.

The Mistake Most People Make

A lot of people try to "figure everything out" all at once.

Purpose.

Career.

Identity.

Next move.

That's overwhelming.

Tre showed the reality:

Sometimes you don't have it figured out yet.

And that's okay.

What Actually Moves You Forward

Not clarity.

Not a perfect plan.

👉 Movement.

Trying things.

Failing.

Adjusting.
Trying again.

That's how you rebuild.

The Role of the Spouse (That Gets Overlooked)

Military spouses don't just "support."

They:

- absorb stress
- stabilize chaos
- carry emotional weight
- create consistency

And most of the time...

👉 No one sees it

What This Means for You

If you're in transition—or supporting someone who is—this matters.

1. You're not broken

Feeling lost after a major life change is normal.

2. You don't need all the answers yet

Clarity comes after movement.

3. Talk to someone

Isolation makes everything worse.

4. If you're the spouse—your role matters more than you think

You're not "on the sidelines"

You're in it.

5. You don't have to carry it alone

That's the whole point of partnership.

Final Thought

Life isn't about avoiding hard seasons.

It's about having the right people next to you when they hit.

Because when everything changes...

👉 The mission becomes each other

 **Listen to the full episode:**

👉 <https://open.spotify.com/show/7fQ5oHlOZe94Jcjj6ytL2h?si=0c4c82fc29c6465f>

If you're a veteran or leader trying to figure out your next move, I share conversations and insights like this every week through The Enduring Mindset Podcast.

Related conversations:

- *What Military Spouses Understand About Leadership That Most People Miss*
- *What Happens When Life Forces You to Slow Down*
- *Why Veterans Struggle After Transition (And What No One Talks About)*