

## The Emotional Cycle of Deployment Worksheet

<i>What's Going On ...</i>	<i>Feelings</i>	<i>Coping Strategies</i>
<b>Anticipation of Departure</b>		
<ul style="list-style-type: none"> <li>▪ Denial and anticipation of loss</li> <li>▪ Increased feeling of stress and conflicting emotions in home</li> <li>▪ Frequency of arguments increase</li> <li>▪ Reality of change ahead is <i>sinking in</i></li> <li>▪ Focus is on completing family pre-deployment activity checklist</li> <li>▪ Members may feel more emotional</li> <li>▪ In cases of multiple deployments...                             <ul style="list-style-type: none"> <li>▪ New cycle may begin before family has had time to renegotiate new normal from last deployment</li> </ul> </li> <li>▪ Children: decide how to tell them about the deployment</li> </ul>	<ul style="list-style-type: none"> <li>▪ Anger</li> <li>▪ Resentment</li> <li>▪ Restlessness</li> <li>▪ Depression</li> <li>▪ Irritability</li> <li>▪ Sadness</li> <li>▪ Fear</li> <li>▪ Guilt</li> <li>▪</li> <li>▪</li> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>
<b>Detachment and Withdrawal</b>		
<ul style="list-style-type: none"> <li>▪ Service member is focused on preparing for mission and may distance self from family</li> <li>▪ Ambiguous presence</li> <li>▪ Stress may lead to increased conflict</li> <li>▪ Communication may be difficult</li> <li>▪ Experience lack of energy</li> <li>▪ Increased difficulty making decisions</li> <li>▪ In preparation for loss, family may begin to act like the Service member is already gone</li> <li>▪ May have anxiety over the <i>what ifs</i></li> <li>▪ Children: actual goodbye is important</li> </ul>	<ul style="list-style-type: none"> <li>▪ Sadness</li> <li>▪ Despair</li> <li>▪ Hopelessness</li> <li>▪ Indecision</li> <li>▪</li> <li>▪</li> <li>▪</li> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>

<i>What's Going On ...</i>	<i>Feelings</i>	<i>Coping Strategies</i>
<b>Emotional Disorganization</b>		
<ul style="list-style-type: none"> <li>▪ Life without the Service member may initially feel overwhelming</li> <li>▪ Routines change, responsibilities added</li> <li>▪ May feel...               <ul style="list-style-type: none"> <li>▪ Numb and not interested in doing much</li> <li>▪ Surprised because things seem to be moving smoothly now that Service member is gone</li> </ul> </li> <li>▪ Have difficulty concentrating</li> <li>▪ Wish things would go back to <i>normal</i></li> <li>▪ Experience sleep difficulty</li> <li>▪ Anxious about security issues</li> <li>▪ Children: take cues from parent</li> </ul>	<ul style="list-style-type: none"> <li>▪ Relief</li> <li>▪ Restless</li> <li>▪ Confused</li> <li>▪ Disorganized</li> <li>▪ Indecisive</li> <li>▪ Irritable</li> <li>▪ Preoccupied</li> <li>▪ Anxious</li> <li>▪</li> <li>▪</li> <li>▪</li> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>
<b>Recovery and Stabilization</b>		
<ul style="list-style-type: none"> <li>▪ Family finally starts to settle into routine of life without the Service member</li> <li>▪ Coping with changes can be positive:               <ul style="list-style-type: none"> <li>▪ May enjoy new found responsibilities</li> <li>▪ Sense of independence, confidence</li> <li>▪ Relief that family is functioning well</li> </ul> </li> <li>▪ Coping with changes can be challenging:               <ul style="list-style-type: none"> <li>▪ Difficult time accepting changes</li> <li>▪ Stressed, depressed, and having difficulty getting things done</li> <li>▪ Feel unsupported and worried about how you will make it through</li> </ul> </li> <li>▪ Most of the time there is a mixture of both responses</li> <li>▪ Children: clingy; sleep disturbances; eating difficulties; crankiness; academic struggles; acting out; self-criticism; loss of interest</li> </ul>	<ul style="list-style-type: none"> <li>▪ Mixed feelings of success and failure</li> <li>▪ Mildly depressed or anxious</li> <li>▪ Vulnerable</li> <li>▪ In control</li> <li>▪ Independent</li> <li>▪ Confident</li> <li>▪</li> <li>▪</li> <li>▪</li> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>

<i>What's Going On ...</i>	<i>Feelings</i>	<i>Coping Strategies</i>
<b>Anticipation of Return</b>		
<ul style="list-style-type: none"> <li>▪ Homecoming is coming!</li> <li>▪ Family is happy, excited, and feeling boost of energy</li> <li>▪ Sense of relief that the Service member will be home combined with worries about whether or not he or she will be the same</li> <li>▪ Children: age-appropriate preparation for when the Service members return home</li> </ul>	<ul style="list-style-type: none"> <li>▪ Excitement</li> <li>▪ Anticipation</li> <li>▪ Apprehension</li> <li>▪ Nervousness</li> <li>▪ Restlessness</li> <li>▪ Indecision</li> <li>▪ Irritability</li> <li>▪</li> <li>▪</li> <li>▪</li> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>
<b>Return Adjustment and Renegotiation</b>		
<ul style="list-style-type: none"> <li>▪ During time of separation, Service member and all family members have changed</li> <li>▪ Changes may hold pleasant surprises or may cause conflict</li> <li>▪ Family members may feel overwhelmed by the Service member's attempts to get to know everyone again</li> <li>▪ Everyone needs space and time to readjust</li> <li>▪ Family member may feel loss of independence</li> <li>▪ Entire family must begin to renegotiate how household will look now that everyone is together again</li> <li>▪ Service member may need time to assimilate</li> <li>▪ Children: different reactions depending on ages</li> </ul>	<ul style="list-style-type: none"> <li>▪ Relief</li> <li>▪ Happiness/Joy</li> <li>▪ Irritability</li> <li>▪ Guarded</li> <li>▪ Overwhelmed</li> <li>▪</li> <li>▪</li> <li>▪</li> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> <li>▪</li> <li>▪</li> </ul>

<i>What's Going On ...</i>	<i>Feelings</i>	<i>Coping Strategies</i>
<b>Reintegration and Stabilization</b>		
<ul style="list-style-type: none"> <li>■ Family continues to adjust to having the Service member home</li> <li>■ This could last for months!</li> <li>■ A <i>new normal</i> is established regarding routines and expectations</li> <li>■ Members may begin to feel secure, relaxed, and comfortable with one another again</li> <li>■ If readjustment challenges resurface, support is important... It is okay to ask for help if you need it!</li> </ul>	<ul style="list-style-type: none"> <li>■ Secure</li> <li>■ Comfortable</li> <li>■</li> <li>■</li> <li>■</li> <li>■</li> </ul>	<ul style="list-style-type: none"> <li>■</li> <li>■</li> <li>■</li> </ul>

NOTES:

## Deployment Resources

Topic	Website	Topic	Website
<a href="#"><u>AAFES</u></a>	www.shopmyexchange.com	<a href="#"><u>Military Money</u></a>	www.incharge.org/military-money
<a href="#"><u>American Red Cross</u></a>	www.redcross.org	<a href="#"><u>Military OneSource</u></a>	www.militaryonesource.mil
<a href="#"><u>Air Force Reserve</u></a>	www.afrc.af.mil	<a href="#"><u>Military Scholar</u></a>	www.militaryscholar.org
<a href="#"><u>Air Force Heart Link</u></a>	www.usafservices.com/Home/SpouseSupport/HeartlinkTraining.aspx	<b>Military Spouse</b>	<a href="#"><u>Spouse Buzz:</u></a> www.spousebuzz.com  <a href="#"><u>Veterans United:</u></a> www.veteransunited.com/spouse
<a href="#"><u>Air National Guard</u></a>	www.ang.af.mil	<a href="#"><u>Moms of Service Members</u></a>	www.bluestarmothers.org
<a href="#"><u>Army Emergency Relief</u></a>	www.aerhq.org	<a href="#"><u>Military.com</u></a>	www.military.com
<a href="#"><u>Army Family Team Building</u></a>	www.myarmyonesource.com	<a href="#"><u>Moms over Miles</u></a>	www.momsovermiles.com
<a href="#"><u>Army Reserve</u></a>	www.usar.army.mil	<a href="#"><u>National Guard</u></a>	www.nationalguard.mil
<a href="#"><u>Army Reserve Family Programs – Fort Family</u></a>	www.arfp.org/index.php/programs/fort-family-outreach-and-support	<a href="#"><u>National Guard Family Programs</u></a>	www.jointservicesupport.org/FP/Default.aspx
<a href="#"><u>Dads at a Distance</u></a>	www.daads.com	<a href="#"><u>National Military Family Association</u></a>	www.nmfa.org
<a href="#"><u>DECA Commissaries</u></a>	www.commissaries.com	<a href="#"><u>Navy Fleet &amp; Family Support Program</u></a>	www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html
<a href="#"><u>Defense Finance and Accounting</u></a>	www.dfas.mil	<a href="#"><u>Navy Reserve</u></a>	www.navyreserve.navy.mil/Pages/default.aspx

Topic	Website	Topic	Website
<a href="#"><u>Deployment Information</u></a>	www.afterdeployment.dcoe.mil	<a href="#"><u>OSD Manpower &amp; Reserve Affairs</u></a>	www.people.mil
<a href="#"><u>Defense Centers of Excellence</u></a>	www.dcoe.mil	<a href="#"><u>Marine Corps Family Team Building</u></a>	www.usmc-mccs.org/services/family/marine-corps-family-team-building/
<a href="#"><u>DoD Mobilization Guide</u></a>	www.militaryonesource.mil/12038/Project%20Documents/MilitaryHOMEFRONT/Troops%20and%20Families/Deployment%20Connections/Pre-Deployment%20Guide.pdf	<b>Parents of Service Members</b>	<a href="#"><u>Operation we are here:</u></a> www.operationwearehere.com/Parents.html <a href="#"><u>Surviving Deployment.com:</u></a> www.survivingdeployment.com/parents.html
<a href="#"><u>Employer Support of the Guard and Reserve</u></a>	www.esgr.mil	<a href="#"><u>Spirit of America</u></a>	www.spiritofamerica.net
<a href="#"><u>Financial Readiness</u></a>	www.militaryonesource.mil/pfm	<a href="#"><u>Surviving Deployment</u></a>	www.survivingdeployment.com
<a href="#"><u>Joint Services Support</u></a>	www.jointservicesupport.org	<a href="#"><u>Taxes (IRS)</u></a>	www.irs.gov
<a href="#"><u>Coast Guard Reserve</u></a>	www.uscg.mil/reserve	<a href="#"><u>Thrift Savings Plan</u></a>	www.tsp.gov
<a href="#"><u>Marines</u></a>	www.marines.mil	<a href="#"><u>Tricare Reserve Information</u></a>	www.tricare.mil/trs
<a href="#"><u>Military Child Education Coalition</u></a>	www.militarychild.org	<a href="#"><u>US Army</u></a>	www.army.mil
<a href="#"><u>Military Living</u></a>	www.militaryliving.com	<a href="#"><u>Veterans Administration</u></a>	www.va.gov
<a href="#"><u>Military Family Network</u></a>	www.emilitary.org	<a href="#"><u>Yellow Ribbon Reintegration Program</u></a>	www.yellowribbon.mil