

Experiencing Deployment Worksheet

Handout available for download on the [YRRP website](http://www.yellowribbon.mil/cms/event-handout) at:
www.yellowribbon.mil/cms/event-handout

Pre-Deployment

<i>What's Going On...</i>	<i>Feelings</i>	<i>Coping Strategies</i>
<ul style="list-style-type: none"> ▪ Denial and anticipation of loss ▪ Increased feeling of stress and conflicting emotions in home ▪ Communication challenges ▪ Frequency of arguments increase ▪ Reality of change ahead is <i>sinking in</i> ▪ Focus is on completing preparation activities (e.g., financial planning, checklists) ▪ Roller coaster of ups and downs ▪ Service member is focused on preparing for mission and may distance self from family ▪ In cases of multiple deployments, new deployment cycle may begin before family has had time to renegotiate new normal from the last deployment ▪ Decide how to tell children about the deployment ▪ Allow children to say goodbye 	<ul style="list-style-type: none"> ▪ Pride ▪ Excitement ▪ Anger ▪ Resentment ▪ Restlessness ▪ Irritability ▪ Sadness ▪ Fear ▪ Guilt ▪ Anxiety ▪ Frustration 	<ul style="list-style-type: none"> ▪ ▪ ▪ ▪ ▪ ▪ ▪ ▪ ▪ ▪ ▪

During Deployment

<i>What's Going On...</i>	<i>Feelings</i>	<i>Coping Strategies</i>
<ul style="list-style-type: none"> ▪ Life without the Service member may initially feel overwhelming ▪ Develop new routines ▪ Responsibilities and household hassles maybe added ▪ Have difficulty concentrating ▪ Wish things would go back to <i>normal</i> ▪ Experience sleep difficulty ▪ Family resiliency ▪ Children take cues from parent/adults ▪ Children may struggle socially, emotionally, behaviorally, and academically ▪ Children mature 	<ul style="list-style-type: none"> ▪ Independent ▪ Confident ▪ Relief ▪ Restless ▪ Confused ▪ Numb ▪ Disorganized ▪ Indecisive ▪ Irritable ▪ Preoccupied ▪ Anxious 	<ul style="list-style-type: none"> ▪ ▪ ▪ ▪ ▪ ▪ ▪ ▪ ▪ ▪ ▪

Post-Deployment

<i>What's Going On...</i>	<i>Feelings</i>	<i>Coping Strategies</i>
<ul style="list-style-type: none"> ▪ Initial honeymoon period ▪ During time of separation, Service member and all family members have changed ▪ Changes may hold pleasant surprises or may cause conflict ▪ Everyone needs space and time to readjust ▪ Begin to renegotiate how household will look now that everyone is together again ▪ Reintegration could last for months! ▪ <i>A new normal</i> is established regarding routines and expectations ▪ If readjustment challenges resurface, support is important... It is okay to ask for help if you need it! ▪ Children react differently depending on age 	<ul style="list-style-type: none"> ▪ Relief ▪ Happiness/ Joy ▪ Irritability ▪ Guarded ▪ Overwhelmed ▪ Loss of independence ▪ Secure 	<ul style="list-style-type: none"> ▪ ▪ ▪ ▪ ▪ ▪ ▪

Additional Notes

Pleasant Activities

Social Activities

1. Fund raising, organizing events, and committee work
2. Doing volunteer work
3. Becoming active in the community
4. Teaching someone a new skill
5. Visiting family or friends
6. Having a meal or a coffee with loved ones
7. Having house guests
8. Having family gatherings
9. Writing a letter or an email
10. Discussing something I experienced
11. Talking about my daily pursuits (job or school, hobbies, public affairs)
12. Attending an official or formal ceremony
13. Making a phone call to loved ones
14. Asking for help or advice
15. Going to the movies
16. Going to parties or receptions
17. Watching my grandchildren

Passive, Relaxing, or Personal Attention Activities

1. Reading books, magazines, or newspapers
2. Practicing religion or spirituality
3. Just sitting quietly
4. Meditating
5. Sunbathing
6. Taking a nap
7. Daydreaming
8. Sitting in an outdoor café or on a terrace
9. Going to a fair, carnival, amusement park, or zoo
10. Listening to music
11. Writing poems, stories, or articles
12. Journaling
13. Doodling
14. Painting
15. Singing
16. Putting together a jigsaw puzzle
17. Doing crossword puzzles
18. Playing a musical instrument

19. Taking photos
20. Working on textiles (embroidery, needlepoint, weaving, knitting, sewing)
21. Lighting candles
22. Listening to the radio
23. Playing cards
24. Doing arts and crafts
25. Drinking coffee or tea
26. Eating favorite food
27. Acknowledging your good points
28. Taking a shower or a bath
29. Going to a barber or a beautician
30. Taking care of your looks (manicure, pedicure, facial)
31. Dressing up and looking nice
32. Wearing comfortable clothes
33. Reflecting on how you've improved
34. Thinking about your good qualities
35. Buying something for yourself
36. Making a gift for someone
37. Buying something for someone else
38. Thinking about something good in the future
39. Saying "I Love you"
40. Cuddling

Domestic/House-related Activities

1. Cleaning
2. Gardening, taking care of plants
3. Re-arranging or redecorating a room or house
4. Doing a chore in or around the house
5. Doing a heavier outdoor work (chopping wood)
6. Repairing things around the house
7. Making snacks
8. Cooking or preparing new recipes
9. Doing activities at home with children
10. Playing with pets

Culture, Science, and Traveling

1. Going to a concert, play, opera, or ballet
2. Taking a vacation
3. Going to the library
4. Going to lectures or hearing speakers

5. Going to a museum or exhibit
6. Traveling
7. Visiting caves, waterfalls, or other scenic wonders
8. Going to a national/state/local park
9. Planning excursions and trips, including looking at maps, travel folders, and tour books
10. Going camping
11. Getting involved in science hobbies, such as astronomy and nature study
12. Reading or studying history
13. Learning to speak a foreign language
14. Sightseeing

Sport-related or Being Active Activities

1. Talking about sports
2. Doing organized sports (in a club, competition)
3. Doing unorganized sports (ping pong, soccer, skiing, skating, bowling)
4. Going to a sports event
5. Watching sports events on TV
6. Playing pool or billiards
7. Playing ball sports
8. Riding a bicycle
9. Hiking
10. Walking briskly
11. Dancing

Sensation Seeking Activities

1. Going fishing
2. Going hunting
3. Going to spectator sports (auto racing, horse racing)
4. Doing woodworking activities
5. Repairing or building cars or bicycles
6. Riding a motorcycle
7. Going for a drive
8. Going four-wheel driving, quad or cross-country motorcycling

This handout was adapted from the following sources:

University of Washington, AIMS Center. (n.d.) Pleasant activity ideas. (n.d.) Retrieved from the [University of Washington AIMS Center website](http://uwaims.org/files/behavioral-activation/pleasantactivitieslist.pdf) at <http://uwaims.org/files/behavioral-activation/pleasantactivitieslist.pdf> (this site is no longer active)

Roizen, H. G., Wiersema, H., Strietman, M., Feij, J. A., Lewinsohn, P. M., Meyers, R. J., ... Vingerhoets, J. J. (2008). Development and psychometric evaluation of the Pleasant Activities List. *American Journal on Addictions*, 17(5), 422-435. doi:10.1080/10550490802268678