



RETURN & REUNION WORKSHOP FOR SPOUSES

Presented by Military & Family Life Counselors

WORKSHOP OVERVIEW

Objective: Provide information that can help you have a smooth reunion with your Service Member.

- Review “Where I’ve Been”
- Plan for “Where I’m About to Be”
- Think about “Where I’d Like to Be”



WHERE I'VE BEEN

Feelings:

- Loneliness
- Anxiety
- Stress
- Overwhelmed
- Independent
- Competent
- Sense of Accomplishment



WHERE ELSE I'VE BEEN...

Additional Responsibilities of:

- Single parent
- Financial manager
- Mechanic
- Groundskeeper
- Decision maker
- Temporary Relocation



WHERE I'VE BEEN

CONTINUED

Experiences:

- Major memories
- Special friends
- Special events

That Led To:

- Growth
- Change
- Different views



WHERE I'VE BEEN

CONTINUED

- Thank yourself
- Be proud
- You've survived



WHERE I'M ABOUT TO BE...

Reunion with my Service Member

- Anticipation
- Anxiety
- Expectations



WHERE I'M ABOUT TO BE

CONTINUED

Planning for the reunion

- How will I know when my Service Member is coming home?
- How do I include children and extended family in reunion plans?
- What are realistic expectations for the reunion?
- How will I feel about seeing my Service Member again?
- What is appropriate to wear?
- What will happen to my plans if the arrival date changes?



POTENTIAL ROADBLOCKS

- Alcohol
- Criticisms
- Family / children / visitors
- Unresolved Issues
- Unrealistic expectations
- Avoid the “Who Had It Worse” game



WHERE I'M ABOUT TO BE

Sex, Intimacy and Romance

- Intellectual / Emotional / Physical
- Patience
- Timing
- Communication
- Respect



WHERE I WANT TO BE...

Reconnected

- Communicating

Accepted

- For the Decisions made

Appreciated

- For Who I Am and What I've Done

Trusted



WHERE I WANT TO BE...

CONTINUED

In a loving, caring, healthy family.



HOMEcomings TIPS

- Go slowly – don't try to make up for lost time
- Accept that things may be different
- Talk with each other about your experiences
- Take time to become reacquainted
- Accept that your partner may be different
- Remember that intimate relationships may be awkward at first
- Tone down your fantasies – reality may be quite different



HOMEcomings TIPS

CONTINUED

- Communicate openly with your partner and family
- Reassure your children – change often frightens them
- Plan on family activities but be flexible
- Set aside quality time with each of your children
- Plan for visits from your extended family
- Curb your desire to take control



SUMMARY

- The spouse takes on many new responsibilities and has more independence while their Service Member is deployed
- It's important to acknowledge the job you've done and be proud
- Be aware of potential roadblocks such as unrealistic expectations and the “who had it worse” game
- Go slowly and accept that you and your partner may both have changed
- Keep the channels of communication open





QUESTIONS?



RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE www.Tricare.mil
- Behavioral Health Services





THANK YOU

