Experiencing Deployment Worksheet

Handout available for download on the YRRP website at:
www.yellowribbon.mil/cms/event-handout/

Pre-Deployment

What's Going On…	*Feelings*	*Coping Strategies*
▪ 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 *sinking in* ▪ 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	▪ Pride ▪ Excitement ▪ Anger ▪ Resentment ▪ Restlessness ▪ Irritability ▪ Sadness ▪ Fear ▪ Guilt ▪ Anxiety ▪ Frustration	

During Deployment

What's Going On…	*Feelings*	*Coping Strategies*
▪ 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 *normal* ▪ Experience sleep difficulty ▪ Family resiliency ▪ Children take cues from parent/adults ▪ Children may struggle socially, emotionally, behaviorally, and academically ▪ Children mature	▪ Independent ▪ Confident ▪ Relief ▪ Restless ▪ Confused ▪ Numb ▪ Disorganized ▪ Indecisive ▪ Irritable ▪ Preoccupied ▪ Anxious	

Post-Deployment

What's Going On…	*Feelings*	*Coping Strategies*
▪ 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! ▪ A *new normal* 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	▪ Relief ▪ Happiness/ Joy ▪ Irritability ▪ Guarded ▪ Overwhelmed ▪ Loss of independence ▪ Secure	

Additional Notes