Slide 1: Reintegration How I See It

Slide 2: Objectives

- Compare and contrast feelings commonly experienced during reintegration.
- Discuss tips for successful reintegration.

Slide 3: Goals of Reintegration

- Reentry into civilian life
- Process of coming to terms with individual physical or emotional changes
- It is common to experience difficulties in this process

Why do you think that is?

Slide 4: Seeing Others' Perspectives

- Positive and negative thoughts and feelings
    - Perception of others
    - Your own

Slide 5: Service Member Perspectives

- Positive
    - Relief
    - Pride
    - Happiness
    - Contentment
- Negative
    - Work reunion worries
    - Financial worries
    - Loss of freedom
    - Irritable, guarded
    - Resentment
    - Feeling overwhelmed
    - Frustration

Slide 6: Single and Married Service Members

- Single Service Members
    - Desire to reestablish living situation
    - Changes in relationship with significant other
    - Changes in friends and social life
    - Feeling overlooked
- Married Service Members
    - Concerns about how spouse may have changed
    - Concerns about how the children will react
    - Feeling less important to the family

Slide 7: Spouse and Partner Perspectives

- Positive
  - Relief
  - Pride
  - Excitement
  - Appreciation
  - Support
  - Comfort
  - Elation
- Negative
  - Role confusion
  - Anxious
  - Irritable
  - Restless
  - Nervous
  - Resentment
  - Loss of freedom
  - Concern about stability of relationship
  - Apprehension about children's reactions
  - Apprehension about perception of returning spouse

Slide 8: Extended Family and Friend Perspectives

- Positive
  - Relief
  - Pride
  - Excitement
  - Appreciation
  - Support
  - Comfort
  - Elation
- Negative
  - Resentment
  - Feeling overwhelmed
  - Frustration
  - Readjustment
  - Nervous
  - Anxious

Slide 9: Child Perspectives

- Positive
  - Relief
  - Pride
  - Happiness
  - Excitement
  - Anticipation
- Negative
  - Resentment

    - Hesitation
    - Shyness
    - Clinging behavior
    - Overly talkative
    - Anger
    - Fear
    - Confusion
    - Wonder if Dad or Mom will leave again
    - Worry about how things will change

Remember kids are still developing

Slide 10: Coworker Perspectives

- Positive
    - Happiness
    - Relief due to more help
    - Excitement
    - Anticipation
    - Elation
- Negative
    - Resentment
    - Feeling under appreciated
    - Upset about changes in work roles or personnel
    - Readjustment

Slide 11: Tips for Successful Reintegration

- Be realistic
- Show appreciation to and for each other
- Accept changes that have occurred
- Allow for dedicated one-on-one time
- Reestablish intimacy
- Avoid the “who had it worse” game

Remember to be patient and communicate

Slide 12: Review of Objectives

- Compare and contrast feelings commonly experienced during reintegration.
- Discuss tips for successful reintegration.

Slide 13: Reintegration How I See It