



# REIGNITING THE PASSION AFTER DEPLOYMENT

Presented by Military & Family Life Counselors

# OBJECTIVES

## Participants will learn to:

- Identify issues that present barriers to intimacy and passion
- Implement practices to reignite the passion and increase intimacy



# AGENDA

- Introduction
- What Extinguishes the Passion?
- What Can You Do?
- Reigniting the Passion
- Summary



# INTRODUCTION

- Some couples have difficulty reconnecting after deployment and feel a lack of passion and intimacy
- Re-igniting passion requires action
  - it is not something that happens to you – it is something you create.



# WHAT EXTINGUISHES THE PASSION?



- Unrealistic expectations
- Resentments
- Money problems
- Lengthy and/or multiple deployments
- The day-to-day grind after deployment



# WHAT YOU CAN DO?

- Take time to talk with your spouse
- Expect that intimacy and sexual relations may be awkward at first
- Ease back into the relationship
- Be patient with each other
- Learn and practice ways to reignite the passion



# REIGNITING THE PASSION

## Memories

- Think about the time when you and your spouse first started dating
- What attracted you to your spouse?

## Love Letters

- Words are powerful
- You don't have to be a poet - simple statements are just as meaningful
- Both men and women appreciate love letters



# REIGNITING THE PASSION

CONTINUED

## Give compliments often

- Giving compliments lets your spouse know you care
- Compliments helps build your spouse's confidence
- Make sure to compliment their achievements as well as their appearance

## Don't give all your attention to the kids

- Save some time and attention for your spouse
- Don't give in to your children's every whim
- Remember, you have a relationship with your spouse too
- Having a strong marriage benefits the children





# REIGNITING THE PASSION

CONTINUED

## Plan dates with your spouse

- Set a weekly date night with your spouse
- Plan ahead
- Arrange for childcare
- Pay attention to your appearance
- Allow time for conversation
- Keep it simple or lavish – whatever your budget allows



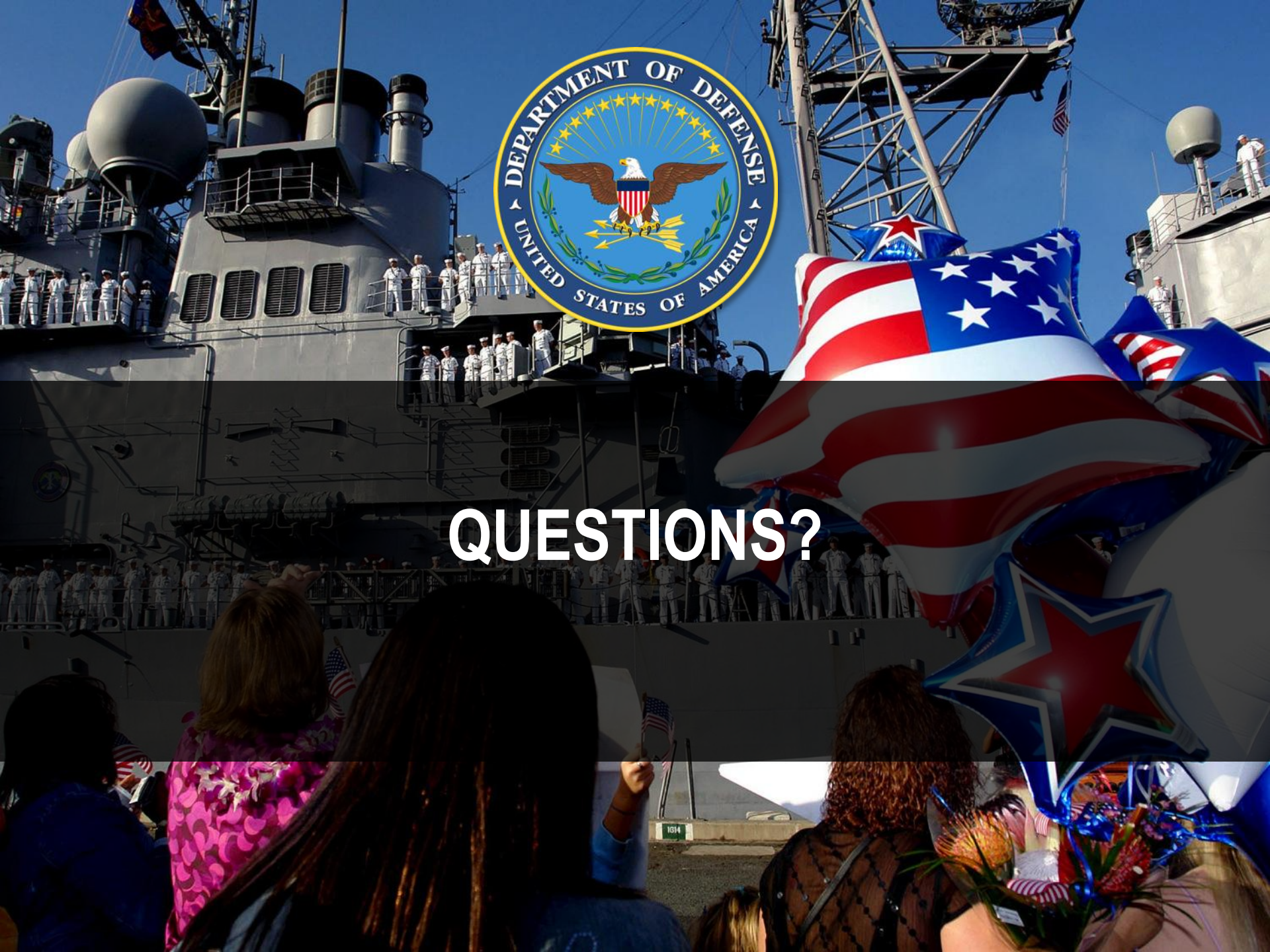
# SUMMARY

- Some couples feel a lack of passion and intimacy after deployment
- Reigniting passion requires action
- Barriers to intimacy and passion include: unrealistic expectations, resentments and money problems
- It's important to be patient with each other
- Practice methods to reignite the passion such as: writing love notes and planning dates
- Seek help if problems persist





QUESTIONS?



# RESOURCES

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



# REFERENCES

- Department of Defense Deployment Health Support Directorate





**THANK YOU**

