

Speaker Notes

Title of Presentation: Maintaining a Healthy Marriage During Deployment

Page 1 – none.

Page 2 – none.

Page 3 – Both spouses experience a sense of isolation, even the one that is home. Depending on the where the family lives, there may not be a good support system in place for the family and therefore the spouse feels isolated.

Page 4 –

- If you are deployed, it's important to stay focused on your mission. Working toward keeping the marriage healthy will keep the service member more focused on the mission and less focused on issues at home.
- If you are a spouse at home, become involved in activities, groups and utilize resources available on the installation.
- Keep photos and letters from your loved ones.
- Don't forget important dates for the family: birthdays, anniversaries, holidays and your family traditions.

Page 5 – none.

Page 6 – If the service member is distracted by problems in the relationship, it can affect his or her ability to perform at 100%. This could endanger them as well as the unit.

Page 7 – Stressors such as these can contribute to difficulties in your ability to communicate. Awareness of the stressors or potential stressors is very important. When you realize what is contributing to the problem, it is easier to address the issues and make improvements.

Page 8 –

- Good communication means sending clear and consistent messages not just with words but with tone of voice.
- Being attentive means to listening while the other person is speaking and not interrupting them. Then clarify what you have just heard them say. If you got it wrong, they can let you know and clarify what they meant.
- **"I" statements:** With "I" statements you are taking responsibilities for your feelings and not blaming or attacking the other person.

Page 9 – The written word has additional impact: it is tangible and essentially permanent. It can be read over and over again. When the communication is healthy and positive, this can be a source of great comfort and reassurance. When the words are negative and emotionally charged, the effects can be devastating.

Page 10 – none.

Page 11 – If the deployed spouse can do this, agree to read the same book/see the same movie and talk about it.

Page 12 – none.

Page 13 – none.

Page 14 – none.

Page 15 – none.

Page 16 – none.