

Speaker Notes

Title of Presentation: Making Marriage Work after Deployment

Page 1 – none.

Page 2 – none.

Page 3 – The marital issues you had prior to deployment will still be there during the reunion phase.

After the initial homecoming, they can resurface and in some cases be intensified. It's important to be aware of this, and keep the communication channels open.

Page 4 – (Ask participants if they can think of other issues that are present during deployment.)

Page 5 –

- **Unrealistic expectations:** When our expectations don't meet up with reality, our stress level can increase and exacerbate the marital issues.
- **Role changes:** This may require some negotiation. The spouse and family have taken on different roles while the service member has been deployed. Sometimes the spouse and children have found the new roles fulfilling and are resistant to letting go of them. Other time, the spouse and children are happy to have the service member back to resume some of those responsibilities.
- **Financial changes, struggles, mismanagement:** Sometimes the deployment means financial hardship on the family. The service member may think the spouse hasn't managed the budget well. This can lead to stress and tension in the marital relationship.
- **Lack of intimacy:** It's best to take this slowly and give each other time to readjust.
- **Difficulty transitioning from demands of combat:** the service member has been functioning as a warrior, and behaviors necessary for survival in combat may not be appropriate back at home.
- **Potential for substance abuse:** Some returning service members resort to increased use of alcohol and drugs (both illegal and prescription) and other compulsive behaviors, such as gambling, as a way of coping. It's important to keep tabs on this and seek help if these behaviors seem out of control.
- **Extended family, work obligations:** Sometimes there is stress with pressures of returning to work. Also, although well meaning, sometimes extended family members can make demands on the service member – wanting more of his/her time and attention.
- **Changes in differences and values:** Sometimes perception of the world and values can change during deployment for both the service member and the spouse. Each may be seeing the world differently now due to the new experiences they each had during the deployment.

Page 6 – none.

Page 7 – none.

Page 8 – none.

Page 9 – none.

Page 10 –

- Good communication means sending clear and consistent messages not just with words but with gestures, tone of voice and body language. Good communication also involves being a listener which will also be covered more in depth later.
- **"I" statements:** With "I" statements you are taking responsibilities for your feelings and not blaming or attacking the other person.

Page 11 – none.

Page 12 – none.

Page 13 – none.

Page 14 – none.

Page 15 – none.

Page 16 – none.

Page 17 – none.

Page 18 – none.

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