

Pre-deployment Relationship Brief

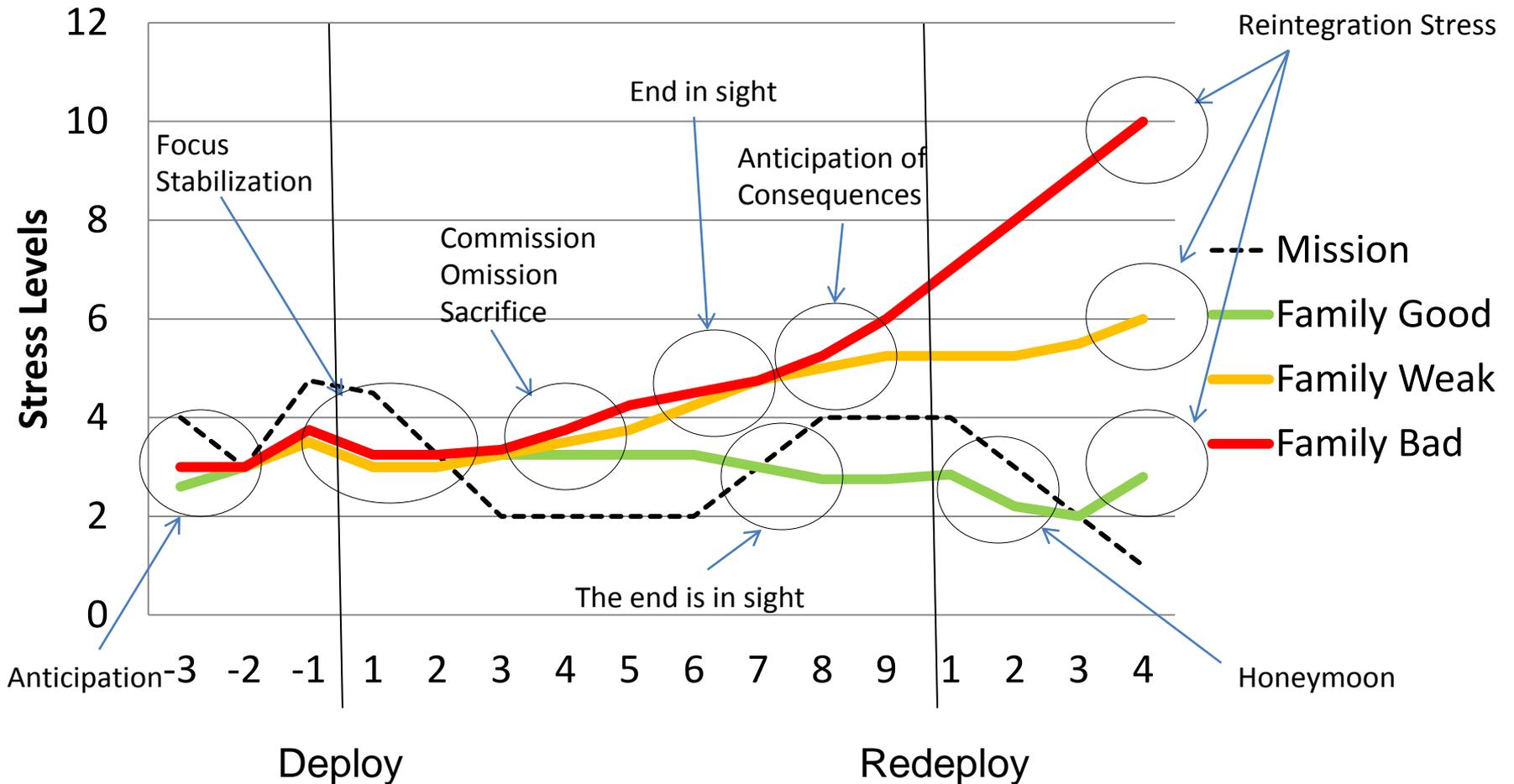
OIC: CH Snell

NCOIC:

SPC Miller

Family Deployment Trends

9 Month Deployment Relationship Stress



Family Related Trends

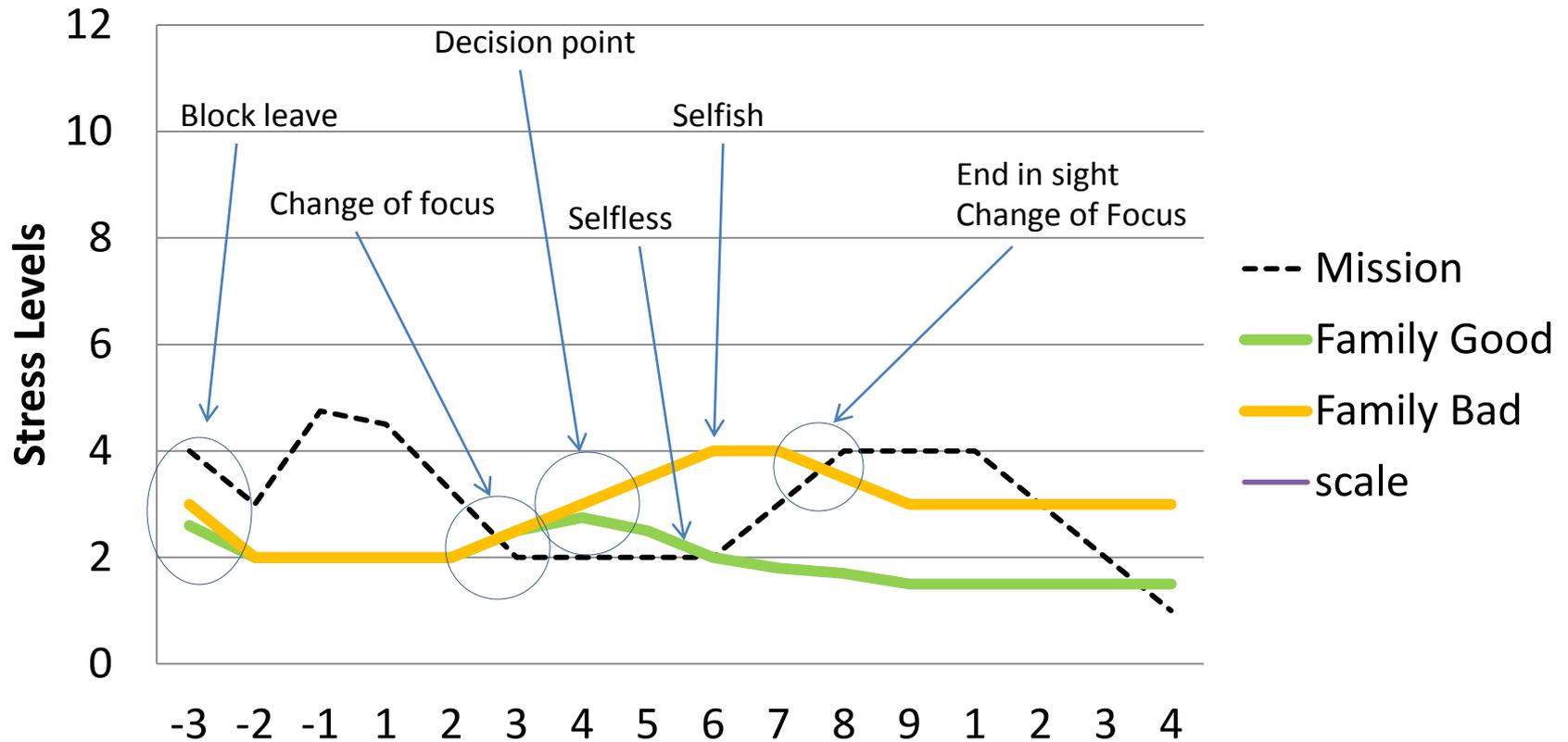
- 1-2 months prior: Expect and increase in family tensions and family problems caused by the anticipation. Often misdirected anger and blaming. Possible fantasy planning.
- First three months: Initial anger wears off and family stress seems to diminish as each end is focused on the adjustment.
- 3rd to 7th months: Critical point. Both sides have adjusted; they begin looking at how to spend new found spare time. Some use it to stay connected. Others use it for “other” things and drift apart from family. A few make bad choices, enact fantasies, pursue other relationships or involve themselves in unhealthy habits like drinking, drugs, and porn.
- 3rd Month to end: If poor choices were made, the effects of their actions begin to make an impact on the relationship and their work.
- 7th Month to end: With the end in sight most stop making bad choices as they begin to anticipate the consequences but a few binge.
- 1-3 months after redeployment: Stress levels correlate with the choices made during the deployment.

Recommendations

- Do not blame your spouse for the deployment or try to lessen the pain through emotional distance or fabricated anger. The emotional pain at departure is normal and solidifies the bond. Misdirected emotion leads to emotional distance and increases the temptation for infidelity.
- Identify the needs that will be met and the needs that will not be met. Plan together ways to meet those needs. If they cannot be met, discuss them openly so that you do not subconsciously blame your spouse for not meeting those needs.
- Do not justify emotional, sexual, or flirtatious affairs. Do not act like you are single or hang out with singles that may tempt you to think or act unfaithfully.
- Do not entertain the thought: “If they don’t find out about it, it will not hurt them. I am just filling a need.” Last deployment that thought was acted on by one person. It led to six adulteries, four people kicked out of the army, six divorces and at least twelve children with split homes.
- Be faithful, stay in touch, make all communication positive, and stay busy.

Working Relationship Deployment Trends

9 Month Deployment Professional Relationships



Work Relationship Counseling Trends

- First 2-3 months: All seems to work well. Most are focused on figuring out the new mission.
- 3-6 months: Soldiers have become accustomed to the mission and are now focused on the people they are working/living with. They have a choice. They either choose to be self-centered or learn to work together selflessly. If they choose to be selfish, this results in lots of work related counseling and the potential of acidic work environments, abuse, and investigations. See red flags on next page.
- If teams or leaders are simply moved, the trend starts all over again.

Work Relationship Red Flags

progressive sequence

- Vanity or showing off
- Boasting
- Complaining
- Greedy
- Self-seeking
- Impatience with others
- Easily angered/offended
- Defensive or offensive in conversations
- Envious
- Jealous
- Compare and compete with peers
- Vengeful
- Bitter of other's achievements, talents, accomplishments, or positions
- Gossip
- Mock, downgrade, diminish, or teardown others in a subconscious or conscious effort to self elevate
- Hold grudges
- Unfair treatment justified by broad overgeneralizations
- Hatred and hostility toward others

Solution

- Identify other's accomplishments and spotlight them
- Count your blessings or "Count the good stuff"
- Build and help
- Forgive
- Think and say kind things about other people
- Stop being absorbed in self and be happy for others
- Feel their joy and their pain
- Treat others fairly
- See things from other's perspective
- Pray for the ability to love others
- Put their needs and feelings above your own