

MAKING ADJUSTMENTS

Becoming a civilian is as much a psychological, a social, and, especially for those who were wounded, a physical adjustment as it is a transition because of economic and work changes. Acknowledging the benefits of military life that you will be leaving behind and looking at the advantages as well as the challenges of civilian life can help in this adjustment.

 Check off those benefits of military life that have been particularly important to you.


- ☐ Being part of a cohesive group
- ☐ Wearing a recognizable uniform that commands respect
- ☐ Having a clear chain of command
- ☐ Having set procedures for handling work-related concerns
- ☐ Practical benefits that have been provided for you and your family
- ☐ Camaraderie (friends, foxhole buddies)
- ☐ Access to a wide range of individuals or agencies who want to help
- ☐ Other _____

Now check off the advantages of civilian life that you think will be particularly important to you.

- ☐ More say in when or where you move
- ☐ Greater salary ranges
- ☐ More freedom of choice about your wardrobe and grooming
- ☐ More freedom of choice about how you spend your time
- ☐ Other _____



★ **COMMUNITY**
★ **GUIDANCE**
★ **SUPPORT**

 Use the space below to examine your hopes and fears for your new civilian life. Writing down your thoughts about this transition may help you and your family members, and any counselors, if you choose to share your thoughts with them, to understand what this major change in your life represents to you.

Is this a change you are looking forward to? Dreading? Why? Why not? What will you miss about military life when you are a civilian? What are you looking forward to doing once you are a civilian that you could not do when you were in the military?

What do you want to share with others about what life was like when you were in the military?

