


ANTICIPATING YOUR RETURN

When you've been away, it's common to feel nervous and to have a range of other unsettling emotions about how reconnecting with your kids will go. Being able to recognize and address those feelings can free you to better tackle issues that arise.

 Do you have any of these concerns about seeing your kids? Circle the ones that apply:

My child won't recognize me.

I'm going to be overwhelmed.

My kids will have forgotten me.

They'll prefer my spouse.

I've missed so much that I'm going to feel left out.

We won't be able to connect with each other.

They won't like how I've changed.

My kids will give me a hard time.

I don't have the energy to deal with these issues.

My kids won't appreciate the sacrifices I've made.

My kids don't need me. They've been fine with me away.



What else are you worried about regarding your children? _____

Have you shared your concerns with your spouse? Who else could you talk with, such as another service member, a chaplain, or others? (See "Identifying Your Support System," page 10.)

What's the worst thing that could happen if you admit your feelings?

If you've been deployed before, what helped you reconnect with your kids in the past?
