




- ★ COMMUNITY
- ★ GUIDANCE
- ★ SUPPORT

REUNION MYTHS

While every family is different, there are some common misconceptions about the reunion.

 Check "True" or "False" for each statement and tell why you think this way.

Everything will be fine because we love one another.

True False

Why do you think this? _____

There's something wrong with me for feeling nervous. They're my family. What's the big deal?

True False

Why do you think this? _____

The fewer people we have around at the beginning, the better it will be for the family.

True False

Why do you think this? _____

There are so many issues to deal with that it makes sense to get started right away.

True False

Why do you think this? _____

My kids won't be able to get enough of me!

True False

Why do you think this? _____

REUNION MYTHS

Everything will be fine because we love one another.

False. Families are often uneasy in the first few days after the homecoming. In some ways, it's like having a guest in your house—you have to get used to one another. You may all be on your best behavior—or your worst! Expect that it may be a little rocky.

There's something wrong with me for feeling nervous. They're my family. What's the big deal?

False. It's normal to feel nervous—you've been through a lot and you've been apart from your kids and spouse for a long time. They are probably anxious and have worries about the situation, too. Of course it's a big deal—they're your family! Being excited and nervous are not mutually exclusive.

The fewer people we have around at the beginning, the better it will be for the family.

True. Being back can be overwhelming for the returning parent (and is a major adjustment for the at-home mom or dad and kids, too). While friends and family will want to see the service member as soon as possible, it's usually best for the immediate family have a little time alone to adjust before bringing more personalities (and issues) into the mix.

There are so many issues to deal with that it makes sense to get started right away.

False. Relax! You will definitely get to those issues, but to do it when you first walk through the door may be counterproductive. Take a few days to get reacquainted, have some fun, and save your energy for tackling problems.

My kids won't be able to get enough of me!

True and False.

Even if your children want to see you, they may also be shy, angry, or confused about their conflicting emotions. Younger kids may need some time to get used to your return or be afraid you're going to leave again. On the other hand, they may cling to you and not leave you alone. Older children can be so absorbed with their own lives and friends that you may rate low in their priorities. Or they might resent your absence and at first stay away. Although it can be difficult not to take these reactions personally, try your best.