



# **Post-Deployment Resilience Training for Spouses/Couples Student Handout**

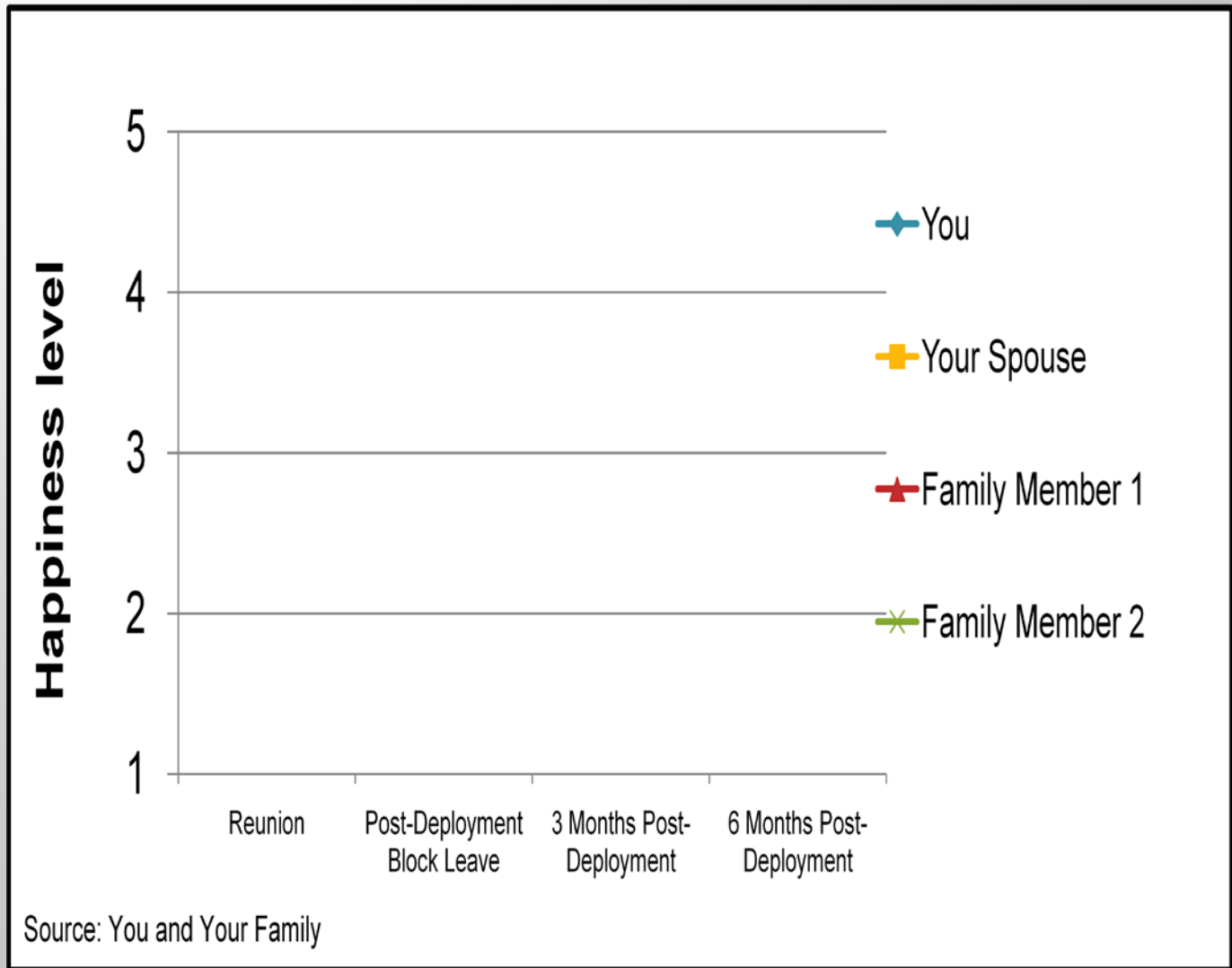
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# Post-Deployment Resilience Training for Spouses/Couples

## Activity:

### “Individual Patterns of Reintegration”

Please take 5 minutes each to draw in lines to represent how you are doing in the transition and how you expect it to go during the next few months. Please use different lines (for example a line with dots for you and a line with squares for your Spouse). Please feel free to add more lines if you have more Family members. There is no right or wrong answer.



# Post-Deployment Resilience Training for Spouses/Couples

## Activity: “Adapting Roles & Responsibilities”

Couples had to change roles and responsibilities during the deployment and may be in the process of adapting roles and responsibilities now that the Soldier is home.

Divide into teams of two. List which Spouse did each task before, during and after the deployment. The answer can be the husband, wife or both. If something doesn't apply to you and your Family, just skip it. If you want to add something, use the spaces at the bottom of the list.

<u>Task</u>	<u>Before</u>	<u>During</u>	<u>After</u>
Grocery Shopping			
Cooking dinner			
Cleaning the dishes			
Taking out the trash			
Cleaning the house			
Getting the car serviced			
Paying the bills			
Doing the laundry			
Making household repairs			
Making the bed			
Yard work			
Planning vacations			
Taking kids to doctor's appointments			
Disciplining your kid(s)			
Taking the kids to activities/sports			

# Post-Deployment Resilience Training for Spouses/Couples

## Activity:

### “Spouse Re-Mapping”

1. A Spouse map is knowing what your Spouse likes and dislikes – essentially, you mentally map their preferences. According to Gottman, laying the foundation for a strong relationship starts with knowing your Spouse and what your Spouse likes and doesn't like in as much detail as possible.
2. Divide into teams of two. If you don't have your Spouse with you, find someone who is also without their Spouse in order to complete this activity.
3. Each person has five minutes to interview their team member and find out as much as possible about their likes and dislikes and if these likes and dislikes have changed since before the deployment.  
“Like” and “Dislike” Examples: Favorite color, food, place to eat, sports to play, sports to watch, thing to wear, place to vacation, chores, cars, clothing, etc.
4. Identify “likes” and “dislikes” that have changed since the deployment.

Likes:

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Changes since the deployment:

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Dislikes:

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Changes since the deployment:

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# Post-Deployment Resilience Training for Spouses/Couples

## Activity: “Repair Attempts”

According to Gottman, the secret weapon of successful Couples is that when conflict arises, they do or say things that prevent negativity from getting out of control. Gottman refers to these actions or statements as “Repair Attempts”.

Divide into teams of two. Each person has five minutes to interview their team member and find what repair attempts they and their Spouse use.

Example: sticking out your tongue, making a funny face/goofy smile, a quick embrace, saying “Let’s take a break”, “Can you rephrase that?”, “Wait, I need a minute to calm down”, Ok, ‘Exalted One’ you’re right and I’m wrong, as usual”, “Airborne, come to at ease in the harness”, etc.

Repair Attempts:

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Think about the last time you used a Repair Attempt with your Spouse. How much stress did you feel before, during and after the Repair Attempt? (from 0 being “no stress” to 5 being very stressed). What are other typical feelings before, during and after?

Before:

During:

After: