

Pre-Deployment Emotional Checklist

The Pre-Deployment Emotional Checklist is a simple guide designed to encourage attunement to the military couple's unique set of emotional needs. The goal is to help couples cultivate an environment of self-awareness and emotional validation as well as promote resilience for both the service member and their partner during the Pre-Deployment phase.

PRE-DEPLOYMENT EMOTIONAL CHECKLIST

Psychoeducation

- Learn about the emotional cycle of deployment and identify commonly experienced feelings and thoughts
- Discuss and anticipate possible needs and preferences at each stage of deployment

Emotional Awareness

- Routinely set aside time as a couple to express feelings using “I messaging” and listen empathically
- Develop a coping ahead plan for any anticipated distressing feelings
- Explore ways to maintain connection rituals and develop new connection rituals

Explore Family Role

- Discuss family strengths and redesigning roles: discuss permanent vs temporary changes
- Develop a communication plan to promote problem solving

Co-Parenting Strategies

- Plan and set expectations for what role each parent will have while deployed
- Create a family calendar to stay informed of activities and set frequency for communication of updates
- Explore creative ways to celebrate birthdays or special occasions
- Explore ways for maintaining and re-establishing connection with children before teaching or correcting behaviors