

## REALTALK DISCUSSION QUESTIONS (RDQs)

### Directions:

- Select one of the 7 C's and use the questions to facilitate a REALTALK group.

**Note:** *Special person refers to a parent or another important person in the youth's life who is returning or has returned from a deployment.*

### COMPETENCE

What feelings did you have the first few days after your special person returned; excitement, relief, curiosity, or some other feeling? Which of these feelings was the strongest for you and why?

### CONFIDENCE

Which household tasks or chores were you most confident to complete while your special person was deployed? How can your continued help benefit your family now that you are all together again?

### CONNECTION

Surprise, you just learned your special person was coming home and you're allowed to make their homecoming plans. What would their homecoming look like? How would you create a "sense of belonging" for them?

### CHARACTER

What is one bad habit or character trait you want to change? How might your special person react when they see how different you are because of the change?

### CONTRIBUTION

Did others help your family during the deployment? How can you and your family give back to others now that your special person has returned?

### COPING

Do you use a daily journal to record your thoughts, concerns, goals, or inspirations? In what ways can a journal help youth whose special person returned from deployment?

### CONTROL

Your special person is returning next week from a deployment. How would you adjust your daily schedule or routine so you could spend plenty of time with them but not neglect your present school, home, or work responsibilities?

