

DEALING WITH DIFFERENCES

Support your special person

Materials: Worksheets, differences templates, pencils

Directions: Read the worksheet, complete the activity and discuss with the Group.

When our special person goes away on deployment, they sometimes see and do things that are very different from the things they see and do at home.

When they return home, they may behave differently. And you may feel your relationship with them is different. Sometimes, these changes can confuse or scare you. But other times, these changes are good and positive.

Think about these questions:

Has your special person who went away on deployment come back different?

What are they like now?

How have they changed?

Are the changes bad or good?

Now, let's think of some questions you and your special person can talk about. The questions can be about how they are different, how they feel and how you can support them. If the changes are good and positive, you can ask how to help them continue the new behavior.

Write down five questions to discuss with your special person on the differences template.

When you get home, ask your loved one for a date and time to discuss your questions.

And don't forget to tell the Group how the talk went during our next activity!



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Questions about differences

Write down five questions to discuss with your special person.

1

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2

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3

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4

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5

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When you get home, ask your loved one for a date and time to discuss your questions.

Date:

Time:

