

## FAMILY REUNION

# Balance hope with reality

**Materials:** Worksheet copies, template copies, pens or pencils

**Directions:** Read the worksheet, complete the activity and discuss as a group.

Your loved one is coming home...  
*finally!*

The thought of reuniting with your loved one is exciting. But reality doesn't always meet our hopes and expectations.

**Many returning service members require rest to recover from a long deployment. Some need quiet time to reacquaint themselves with home life.**

After all, the tempo and environment at home are very different from their deployment experience. In today's activity, we'll explore how to balance our excitement with the needs of our loved ones.

## STEP ONE

Let's discuss our reunion hopes and expectations, but also the expectations of our returning loved one and other family members. Does everyone feel the same? If not, what are the differences? How can we look at things in a similar way?

## STEP TWO

On the template, write down your expectations for the reunion. Be honest and open. It's important your family understands your hopes. Empathy and understanding will help everyone work together and reconnect.



**MY EXPECTATIONS FOR THE REUNION**

**EXPECTATIONS FOR DAY 1**

I hope we can...

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The first things I will say...

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**EXPECTATIONS FOR WEEK 1**

I hope we can...

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Things we'll talk about...

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**EXPECTATIONS FOR MONTH 1**

I hope we can...

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Things I want to be  
the way they used to be...

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