

FEELIN' BETTER

Confront deployment bugaboos

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

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

Deployment can send your loved one to a distant land, often for a lengthy period of time.

For those left at home, deployment can mean dealing with a swirl of emotions.

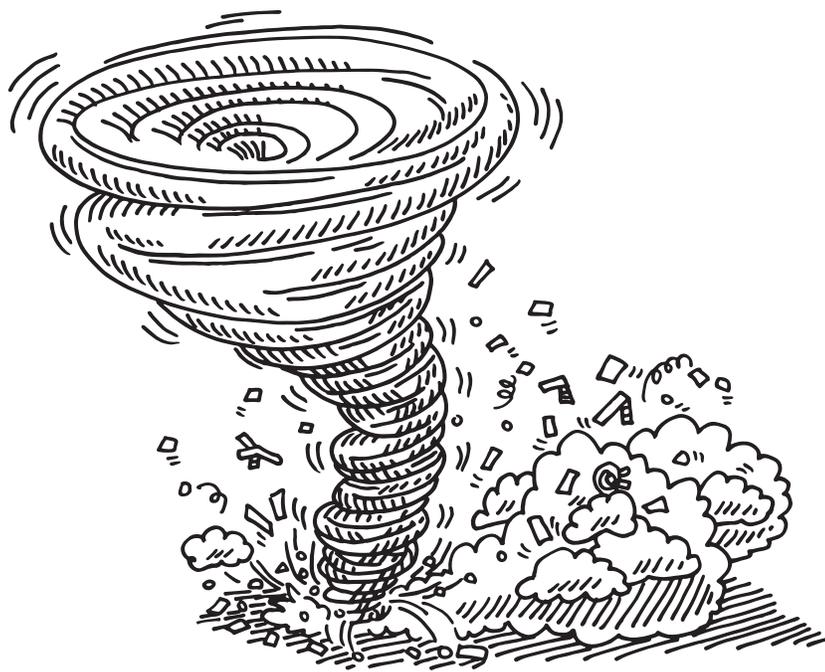
It's important to share your feelings about deployment. Instead of suppressing them, acknowledge your emotions.

Today, we're going to explore how to confront and handle negative emotions.

ACTIVITY INSTRUCTIONS

- 1 On the template, read the deployment emotions. You may have felt all of them, or perhaps only a few. If you've felt an emotion that's not on the template, write it on one of the blank lines in the first column.
- 2 In the second column, write why you've felt the emotion. You'll have 6 minutes to write.

(Set the timer for 6 minutes.)
- 3 When the timer sounds, we'll discuss what we wrote. Let's talk about ways we can handle each emotion in a positive way. Write those solutions in the third column.
- 4 Take your template home. Use your list of solutions whenever you're feeling different emotions about deployment.



EMOTIONS	WHY I FEEL THE EMOTION	WAYS TO HANDLE THE EMOTION
Frustration		
Happy		
Depression		
Positive		
Angry		
Hopeful		
Fear		
Relief		
Confusion		
Proud		
Sadness		
Courageous		

