

Those Left Behind

Part II: The Deployment Cycle

I. Pre-deployment

A. Common Emotions

1. What is the typical emotion of the spouse at home feel when their deploying spouse is preoccupied with work details and their upcoming mission? _____

2. What are some of the reactions of the spouse at home towards a deploying spouse who may be subconsciously distancing him/herself emotionally to start preparing for the separation?

B. Practical Preparations

1. Prepare legal documents such as:
 - a. Power of _____.
 - b. Will.
 - c. _____ papers.
 - d. Tax information.
 - e. _____ Assistant Call Officer form.
2. Who should you get involved with to stay informed to your spouse and your spouse's unit's location and status? _____

C. Family Time

1. What are some ways that you can guard your family time before deployment? _____

2. Why is important to guard your money and not spend excessively?

3. What are some ways that you can encourage communication between the deploying spouse and children?

II. Deployment

A. Spiritual Battle

1. 1 Peter 5:8 tells us that the enemy is looking to _____.
2. Romans 8:37 gives encouragement that regardless of the trials, the power of _____ allows you to overcome.
3. Who wants to use this opportunity to destroy a marriage and a family?

B. Use of Time

1. Why is it important not to put too much on your plate?

2. Why is it important on the other hand to not to be idle either with your free time for the spouse left behind?

3. Pick your close companions wisely as Proverbs 13:20 states that a companion of _____ suffers _____.
4. You should _____ your time to _____ on your family and not get too _____ up in other activities.
5. Ensure you spend time fellowshiping with other Christians and use your time to help others out as well.

C. Communication

1. Don't be upset if your spouse doesn't talk much on the phone when he calls. Some reasons are:
 - a. _____: He/she can't talk about sensitive mission details.
 - b. He/she may be _____ and not have energy to talk.

2. Be a good _____ and ensure you talk about the most important details vs. all of the little details that your spouse may not need to know right at that time.
3. Resolve _____ issues while apart if you can, but don't try to resolve _____ issues while you are apart unless absolutely necessary.
4. Send pictures of you and your children to your spouse.

D. Seasons of the Deployment

1. First month to two months is _____ and a shock to have spouse away.
2. Third to fourth month you are in a _____ and it is important to focus on _____ for your spouse and not _____ to too many activities.
3. Fifth to sixth month is stressful as you make hasty preparations for your spouse to come _____ and there is _____ to see each other.

III. Redeployment

A. Reunion

1. Don't plan on having too many people visit your spouse at once until a _____ have gone by.
2. Keep _____ open for your spouse.
3. Dealing with _____ will be difficult at first.
 - a. Handling _____ right away may be difficult for a spouse who hasn't handled them in a long time.
 - b. Children may be uncomfortable around the spouse at first and younger children may even _____ around the spouse at first.

B. Household Responsibilities

1. Important not to thrust all _____ on your spouse at first, as you want him/her to have an adjustment period.
2. For husbands, allow him to have the _____ as the head of the household again and do not usurp his _____ authority.