# POST-DEPLOYMENT
# RESILIENCE TRAINING FOR SOLDIERS
# (3-6 MONTHS)

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## WRAIR
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*This DCRT module was developed by the Research Transition Office (RTO) of the Walter Reed Army Institute of Research (WRAIR). Comments or suggestions for the improvement of this DCRT module, Post-Deployment Resilience Training for Soldiers (3-6 Months), v.3 August 2021 should be made to WRAIR at:*

*usarmy.detrick.medcom-wrair.mbx.resilience-research@health.mil*

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# Post-Deployment Resilience Training
# for Soldiers (*3-6 Months*)

| Intent |
|:---:|

This DCRT module is provided to Soldiers 3-6 months after returning from deployment. In accordance with AR 350-53, this is a mandatory module for all deployments 90 days or longer for purposes other than training. The module is designed as an "azimuth check" in the ongoing transition from a deployment environment, through reintegration, to the garrison and home environments.

The 3-6 month window is a good time to reassess progress in the ongoing transition. It is useful for Soldiers to look back to any issues they experienced at reintegration to see whether those issues have started to improve. In addition, some issues that are unnoticed or easily manageable at reintegration may become more of a problem after the "honeymoon phase" has ended.

The reintegration module alerted Soldiers to the need for adjusting their deployment strengths and skills. The 3-6 month module asks them whether they have been successful in adjusting them. Strategies are offered for those who are still having difficulty transitioning away from the deployment environment, and assets and resources are described for those who need additional support.

The reintegration module prompted Soldiers to identify and discuss ways in which they, their buddies, and members of their Circles of Support have grown through the deployment. At 3-6 months, the Soldiers are now asked to consider how they have grown through the reintegration process itself. Many Soldiers may see the transition and reintegration simply as something to overcome without realizing how they have grown through the process.

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# Post-Deployment Resilience Training
# for Soldiers (*3-6 Months*)

## Part 1: Take Ownership of the Process

- Review factors that contribute to resilience during transitions such as having a sense of purpose, utilizing effective strategies and skills, leaning into one's Circle of Support, and utilizing resources.

- Discuss ways to support key resilience skills and adjust them to be most effective during the reintegration process.

## Part 2: Support Through the Process

- Discuss the value of reconnecting with one's Circle of Support as well as how Soldiers can best support others during the reintegration process.

- Review professional resources available to support the Soldier's continued reintegration.

## Part 3: Growth Through the Process

- Foster a sense of achievement by encouraging Soldiers to think about the ways they, their buddies, and members of their Circles of Support have grown during the ongoing transition process.

## Part 4: Culminating Exercise

- Facilitate an exercise (i.e. "azimuth check") for Soldiers to assess how various aspects of their reintegration is going and whether they can better maximize the use of the strategies, skills, and support described in this lesson.

- Identify a meaningful goal and create a plan of action.

# Post-Deployment Resilience Training for Soldiers (3-6 Months)
## SmartGuide Symbols

This SmartGuide for Post-Deployment Resilience Training for Soldiers (3-6 Months) has been designed to be user-friendly while containing as much information as possible to help you present this training. The following symbols are used throughout.

## Training Module Symbol Guide

| Symbol | Represents | Explanation |
|---|---|---|
| (clock symbol) | Timing | This symbol indicates the amount of time allotted for a given section of the material. |
| (target symbol) | Target / Intent | This symbol indicates the main function or rationale for a given slide. |
| **1.** | Key Point | Numbers are used to indicate the main points that must be addressed in order to meet a given slide's target / intent. |
| ● | Sample Talking Point | Bullets are potential talking points that a trainer can choose to use to elaborate on key points or to review as context to the key points. |
| **[TEXT]** | Note to Trainer | Bracketed text indicates a note to the trainer which is not intended to be read aloud. These provide hints on how to present the material and tips to avoid potential issues that may arise within a given topic. |
| (clapperboard symbol) | Multimedia | This symbol indicates the use of supplementary audio/video files. To avoid down-time or technical difficulties, keep an eye out for these and plan accordingly. |
| (document symbol) | Handouts | This symbol indicates that the participants will use handouts at a given point in the training. To avoid down-time, keep an eye out for these and plan accordingly. |
| (weight symbol) | Exercise | This symbol indicates the start of an exercise or activity. To avoid down-time, keep an eye out for these and plan accordingly. |
| (green triangle) | Continue | This symbol indicates that the training material for a given slide continues onto the next page. |
| (red square) | Stop | This symbol indicates that the training material for a given slide ends on this page. |

# DEPLOYMENT CYCLE RESILIENCE TRAINING (DCRT)

**ARMY RESILIENCE DIRECTORATE**

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**Post-Deployment Resilience Training for Soldiers (3-6 Months): 2 hours**

**Introduce yourself and Deployment Cycle Resilience Training (DCRT).**

1. Welcome participants to the training and introduce yourself.

- Welcome to Deployment Cycle Resilience Training (DCRT).

*[**NOTE**: Provide a brief introduction of yourself. Explain how you came to be facilitating Deployment Cycle Resilience Training. Along with the professional information, consider sharing a little about yourself personally. This can help build rapport and create a safe, trusting environment for the training.]*

- DCRT is a series of operational resilience training modules designed to prepare Soldiers, leaders, and members of Soldiers' Circles of Support for the unique challenges of Army life at each stage of the deployment cycle.

- Your Circle of Support includes anyone that you consider to be a priority within your support system, such as a Spouse, significant other, parent, sibling, other Family member, mentor, and friend.
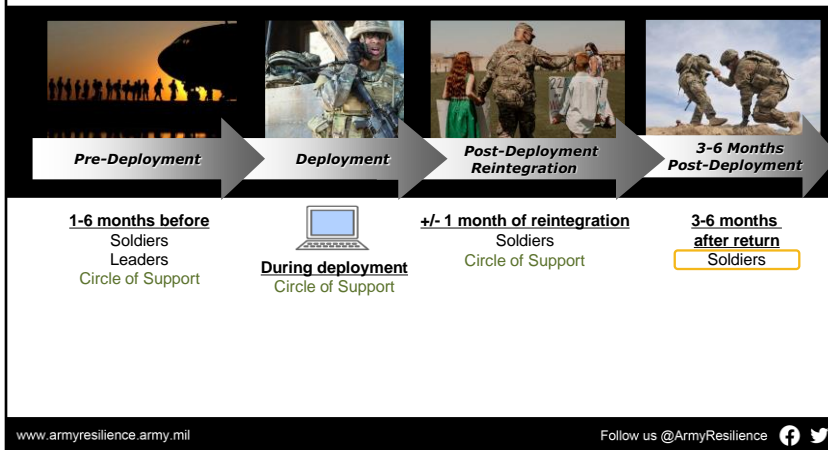
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Post-Deployment Resilience Training
for Soldiers (3-6 Months)

## DCRT Modules: Timeline

| Pre-Deployment | Deployment | Post-Deployment Reintegration | 3-6 Months Post-Deployment |
|---|---|---|---|
| **1-6 months before** Soldiers Leaders Circle of Support | **During deployment** Circle of Support | **+/- 1 month of reintegration** Soldiers Circle of Support | **3-6 months after return** Soldiers |

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◎ **Briefly review the DCRT modules and the respective timeline.**

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1. State that DCRT is mandatory according to AR 350-53.

   • In accordance with AR 350-53, DCRT is mandatory for Soldiers who are deploying for 90 days or longer for purposes other than training.

2. Briefly review the DCRT modules specifically for Soldiers and leaders.

   • Let's briefly review the DCRT trainings and the respective timeline, starting with the mandatory modules for Service members.

   • DCRT is offered to Soldiers at three points during the deployment cycle.

   • First, Soldiers receive Pre-Deployment Resilience Training for Soldiers, which is designed to support Soldiers in their preparations for the deployment cycle.

   • The Pre-Deployment Resilience Training specifically focuses on preparing Soldiers for the unique challenges of the pre-deployment and deployment phases by establishing realistic expectations and discussing strategies, support, and resources that can help strengthen Soldier resilience.

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Record your own notes here:

*[**NOTE**: The overview of DCRT modules and timeline has been presented in all modules. This slide serves as a review of what training has been delivered as well as awareness for the training/support that is available to Soldiers and Circle of Support for future deployments in case Soldiers were not a part of earlier training sessions.]*

Post-Deployment Resilience Training for Soldiers (3-6 Months)

- Also during the pre-deployment phase, leaders receive the Pre-Deployment Resilience Training for Leaders module that is specifically designed to help leaders support the comprehensive resilience of their Soldiers and establish a resilient unit climate.

- During the post-deployment phase, Soldiers receive two DCRT modules. The first of which, Post-Deployment Resilience Training for Soldiers (Reintegration), is to be delivered plus or minus one month of redeployment.

- The reintegration training focuses on setting realistic expectations of reintegration and promoting factors that contribute to resilience during transitions such as having a sense of purpose, utilizing effective strategies and skills to overcome challenges, and leaning into the support available to you.

- Today, you are receiving the second post-deployment resilience module, Post-Deployment Resilience Training for Soldiers (3-6 Months), which is largely a "progress check" and additional support during the reintegration process.

3. Briefly review the DCRT modules for Circle of Support.

- According to AR 350-53, it is mandatory that DCRT modules for Circle of Support members be offered, although participation is on a voluntary basis.

- The first Circle of Support module is offered during the pre-deployment window, which can help prepare your Circle of Support to face the challenges of both pre-deployment and deployment phases with resilience.

- Circle of Support members have access to online modules to support their resilience during the deployment phase. Circle of Support members can select topics relevant to them and can take the modules on their own time and at their own pace.

- Lastly, plus or minus one month of reintegration, Circle of Support members are offered another in-person training called Post-Deployment Resilience Training for Circle of Support (Reintegration).

- The Circle of Support modules are written specifically for them and closely mirror the training that you will receive. Having a common language can help promote a unified effort toward managing deployment cycle challenges and also can provide an opportunity for growth—personally and relationally.

[**NOTE**: This is a natural transition to the next slide.]

Post-Deployment Resilience Training for Soldiers (3-6 Months)

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# POST-DEPLOYMENT RESILIENCE TRAINING FOR SOLDIERS (3-6 MONTHS)

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🕐 **Introduction: Recommended time is 20 minutes**

◎ **Introduce the module Post-Deployment Resilience Training for Soldiers (3-6 Months).**

1. Introduce the DCRT module as Post-Deployment Resilience Training for Soldiers (3-6 Months) and explain that the evidence-based module covers information to support Soldiers' needs during the three-to-six month window of returning home.

   • The present module, Post-Deployment Resilience Training for Soldiers (3-6 Months), will revisit many of the same themes as the reintegration module included.

   • Based on data gathered from over 50,000 Soldiers who completed the Post-Deployment Health Assessment (PDHA) and the Post-Deployment Health Re-Assessment (PDHRA), reintegration problems such as those related to behavioral health and interpersonal conflict tend to be even greater during the three-to-six-month window of returning home.

   • Therefore, this training was developed to meet Soldiers' needs, as reported by Soldiers themselves, specifically during the three-to-six month window of returning home.

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Post-Deployment Resilience Training for Soldiers (3-6 Months)

## 2.  Encourage Soldier participation.

- Just as other Soldiers have shared their experiences to help develop this module, your participation by sharing from your experience can benefit others in this room today.

- Take advantage of the time here today to come together to learn from one another's successes and setbacks, feel supported by others, and realize the growth that is taking place in you and others.

- What you get out of this training will be determined by what you and the collective group put into it.
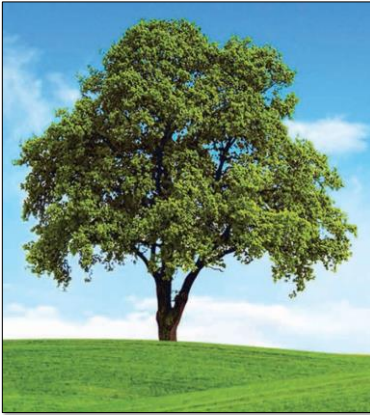
*[**NOTE**: This is a natural transition to the next slide.]*

Post-Deployment Resilience Training for Soldiers (3-6 Months)

## Excerpt from the poem "Good Timber"

The tree that never had to fight
For sun and sky and air and light,
But stood out in the open plain
And always got its share of rain,
Never became a forest king
But lived and died a scrubby thing.

Good timber does not grow with ease:
The stronger the wind, the stronger trees;
The further sky, the greater length;
The more the storm, the more the strength.
By sun and cold, by rain and snow,
In trees and men good timbers grow.

*~ by Douglas Malloch*

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**Connect back to the previous post-deployment module by referring to the "Good Timber" poem and its emphasis on growth through challenges.**

*[**NOTE**: This is not meant to be an interactive exercise. This slide/"Good Timbers" poem is a point of reference to help Soldiers connect back to the training they received at the onset of reintegration.]*

1. Connect back to the previous post-deployment module by referring to the "Good Timber" poem and its emphasis on growth through challenges.

- You may remember from the first post-deployment module that we introduced this excerpt from the poem, "Good Timber". We discussed how it represented the deployment cycle, with emphasis on the reintegration process.

- To recap, trees grow stronger from experiencing the stress of the winds and the storms. Through the challenges and adversity of the deployment cycle, including the reintegration process, you too can grow stronger. You likely already have.

- With this in mind, let's take a look at a couple of quotes from distinguished military leaders.

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## Discussion Activity

> The truth of the matter is that you always know the right thing to do. The hard part is doing it.
> — *GEN Norman Schwarzkopf*

> All right, they're on our left, they're on our right, they're in front of us, they're behind us… they can't get away this time.
> — *Lt. GEN Lewis B. "Chesty" Puller*

Discuss with your group:

**How does this quote apply to reintegration?**

**How do the quote relate to growth?**

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🎯 **Conduct an ice-breaker activity to encourage Soldier engagement and set an optimistic tone for the training.**

**1.   Set up the activity.**

- We will kick off the training with an activity.

- You will pair up or form a small group. I'll present to you two quotes by two esteemed military leaders. Within your group, decide which quote you want to discuss.

- I will provide you with a few minutes to talk over the quote and the discussion questions with your small group, which can be guided by the discussion prompts I present to you.

- After a few minutes have passed, we will bring it back to the large group and allow you to share some of the key points of your discussion.

[**NOTE**: *Encourage the Soldiers to pair up or form a small group. Try to keep groups to 3-4 so all Soldiers are given an opportunity to share their ideas.*]

**2.   Present the two quotes for groups to choose from.**

- The two quotes to choose from are presented on the slide.

[**NOTE**: *Depending on the size of the room and visibility of the slides, you may choose to read the quotes aloud or have a participant read the quotes to the group.*]

Post-Deployment Resilience Training for Soldiers (3-6 Months)

**3.** **Present the discussion prompts to guide the small group conversations.**

- Once you have selected the quote that your group will discuss, use the following questions to guide your discussion

    - How does the quote apply to reintegration?

    - How does the quote relate to growth?

*[**NOTE**: Allow a few minutes for groups to have meaningful discussion.]*

**4.** **Allow Soldiers to share key points of their small group discussions with the large group and wrap up the activity with some key take-aways.**

*[**NOTE**: Ask the small groups to share key points of their discussions with the large group. Be sure to thank them for their participation and contributions.]*

- You already possess several strengths, skills, and strategies to meet the continued demands of reintegration and other life challenges. The goal is that today's training will help you discover ways you can enhance the level you are already at and take more ownership of your reintegration process.

- This training will also encourage you to consider different perspectives and look at your challenges in a more optimistic way. Your optimism can be strengthened today by establishing realistic expectations, focusing your efforts on things that are within your control, and capitalizing on the opportunity for growth.

**5.** **Transition.**

- Let's review the purpose of today's training.

## Training Purpose

Support Soldiers' resilience as they continue to navigate the post-deployment phase of the deployment cycle, specifically the reintegration process

> "**Resilience** is the ability to face and **cope** with adversity, **adapt** to change, **recover and learn** from a setback, and **grow** from an experience."
> *- adapted from FM 7-22*

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**State the purpose of the training module.**

1. State the purpose of today's training module.

   [*NOTE: Do not underestimate the need to explain the purpose of the training. Many times Soldiers report for training without a thorough and/or accurate understanding of why they are present.]*

   • The purpose of today's training is to support you and your resilience as you continue to navigate the post-deployment phase of the deployment cycle, specifically the reintegration process.

2. Explain this training serves as both an "azimuth check" and "booster shot".

   • This module serves as both an "azimuth check" and a "booster shot".

   • This training is an "azimuth check": Today is an opportunity to pause and reflect on how reintegration is going for you, to determine whether you are traveling in the direction you personally set out for at the onset of reintegration, and to decide what course corrections, if any, you want to make moving forward.

   • This training is a "booster shot": Today you will get an additional dose of factors that can boost your resilience, like skills, strategies, and resources of support.

Post-Deployment Resilience Training for Soldiers (3-6 Months)

**3.** Highlight the need for resilience during the post-deployment phase and define resilience.

- Navigating the challenges that arise during the post-deployment phase, specifically while reintegrating, requires resilience.

- As a reminder, resilience is the ability to face and cope with adversity, adapt to change, recover and learn from a setback, and grow from an experience.

[**NOTE**: This definition is adapted from FM 7-22.]

**4.** Provide an additional sense of purpose to the Soldiers: look out for one another during the post-deployment phase just as they looked out for one another during deployment.

- On deployment, you and those in your unit looked out for one another. That same loyalty, duty, and responsibility applies during the post-deployment phase.

- As we work through the module today, along with your own personal reflections and enhanced self-awareness, keep your battle buddies in mind. If you are a leader, keep in mind the Soldiers you lead. Consider how the insights you gain from today's training can help you be there for your battle buddies and Soldiers.

- Along with your own reintegration, keeping an eye out for others and standing ready to support them is part of your duty and responsibility during post-deployment.

[**NOTE**: This is a natural transition to the next slide.]

Post-Deployment Resilience Training for Soldiers (3-6 Months)

# "Successful" Reintegration

Your perception of a "successful" reintegration is unique to your goals, to what you value, and to your own set of circumstances

– This may need to be adjusted based on a new set of uncontrollable circumstances

Some common factors support an optimal reintegration

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🎯 **Revisit the Soldiers' idea of a "successful" reintegration and encourage Soldiers to determine whether it has or needs to be adjusted.**

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1. Revisit the concept of a "successful" reintegration and state that it is unique to each Soldier.

- In the previous reintegration resilience training, we asked you to reflect on what it means to you to "successfully" reintegrate.

- Your perception of a "successful" reintegration is unique to your goals, to what you value, and to your own set of circumstances.

2. Encourage Soldiers to revisit their idea of what it means to "successfully" reintegrate and determine whether it has or needs to be adjusted.

- Sometimes your perception of a "successful" reintegration, and all that it entails, may need to be adjusted based on a new set of uncontrollable circumstances. For example, since first returning home, maybe relationships have changed, ended, or started. Or, maybe success for you meant for a quick reintegration process and it is taking a bit longer for you and others to adjust than you originally expected.

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- It is okay to re-think what a "successful" reintegration looks like and means for you. This does not mean you lower your standards, but that you adjust your expectations based on new information and you make room for growth.

- To put it into Army lingo: You may need to give yourself a FRAGO (i.e. fragmentary order). The situation may have changed from what it was when the original OPORD—or "successful" reintegration goal—was formed. If that is the case, then you are allowed and encouraged to make necessary modifications.

*[**NOTE**: For trainers that may be unfamiliar with the term FRAGO: A fragmentary order (FRAGO) informs units that one or more elements of the base order have changed. Once an OPORD is given, the situation may change before the mission begins or during the operation the situation may change, so that the base order must be modified.]*

3. Encourage the Soldier to take ownership of how the training content applies to them and their unique goals.

- Although each of you are pursuing a unique set of goals in your reintegration process, there are some common factors that support an optimal reintegration.

- These factors will form the basis of today's training. It is up to you to determine how the content of today's training can best apply to your unique circumstances and your unique pursuit of a "successful" reintegration.

4. Transition.

- Let's take a look at a few things to keep in mind about reintegration as we work through today's module.

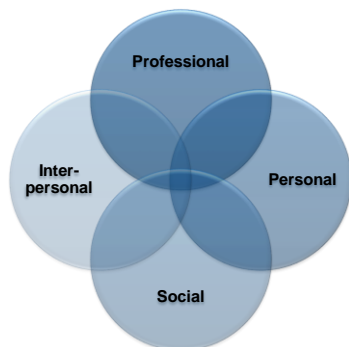Post-Deployment Resilience Training for Soldiers (3-6 Months)

# Reintegration Considerations

Reintegration is a unique process

Your perception of your progress may be biased

– Consider what others, like your Circle of Support or battle buddies, might say

– Be deliberate in overcoming the negativity bias

Professional

Inter-personal

Personal

Social

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⊙ **Review some key aspects Soldiers should keep in mind about reintegration.**

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1. Review considerations of reintegration: there are multiple domains of reintegration, reintegration is a process, and the reintegration process is unique to each individual.

- First, there are multiple domains of reintegration: professional, personal, social, and interpersonal.

- As you consider the content and the reflection prompts throughout the module, I encourage you to consider the progress you are making to reintegrate within each domain.

- You may find that you are making progress in some areas more than in others. While it is important to be intentional with your efforts to reintegrate in each domain, that can be a big task to take on all at once. Know that as you make progress in one domain, it will likely have a positive impact on other domains. As shown in the diagram, there is overlap between domains.

- Second, keep in mind that reintegration is a process.

- Resist judging yourself if the reintegration process is not going the way you had thought it would or taking longer than you thought it would. Adjusting to life back home personally, professionally, relationally, and socially takes time and perseverance.

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Post-Deployment Resilience Training for Soldiers (3-6 Months)

- Lastly, the reintegration process is unique to each individual. For some Soldiers, the reintegration process goes relatively smoothly. For others, the reintegration process can be quite challenging.

2. Discuss taking a thorough and accurate assessment of how the reintegration process has been going, which includes considering outside perspective as well as counteracting the negativity bias.

- Sometimes when you consider how something is going for you, your own perspective can be jaded. For instance, you may *overestimate* how well it is going and be overlooking some issues that are evident to others. Or, you may *underestimate* how well it is going and fail to realize the growth and progress you have made.

- When you are considering your progress, it is helpful to consider what members of your Circle of Support might have to say about it. An outside perspective can help you see blind spots. We call this the "Tail-Light Effect", and we will review this concept in more detail later in the module.

- Furthermore, when considering how your reintegration is going, you may need to be deliberate in overcoming the negativity bias. The negativity bias is the natural tendency to notice and dwell on the problems, issues, and what is not going well (according to your standards) before you notice or pay attention to what *is* going well, what progress you are making—big or small, and how you have grown.

- This training can help support you in overcoming the negativity bias by seeking out the information that might be missing, such as the positive or even neutral aspects of a situation, or in this case the reintegration process. Later in the module, we will discuss some strategies to support your continued efforts in fighting the negativity bias.
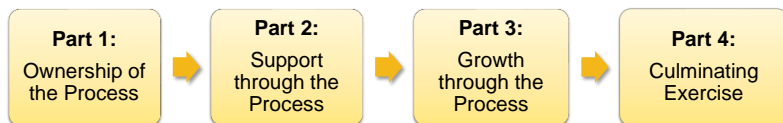
3. Transition.

- Next, we will review the training outline and how this module is designed to support your resilience and your progress toward a "successful" reintegration.

Post-Deployment Resilience Training for Soldiers (3-6 Months)

# Training Outline

| Part 1: Ownership of the Process | → | Part 2: Support through the Process | → | Part 3: Growth through the Process | → | Part 4: Culminating Exercise |
|---|---|---|---|---|---|---|

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**Review the training outline. Also address that the reflection included in today's module can be a difficult, yet beneficial process to ensure Soldiers make forward progress in their reintegration.**

1. Review the training outline and briefly discuss the main areas that will be covered during the training.

- There are four parts that will comprise today's training.

- In Part 1, Ownership of the Process, we will focus on elements of your reintegration experience that you have the most control over such as the attitude and effort you put forth in the process to adjust and adapt to the home environment.

- Next, in Part 2, Support Through the Process, you will assess how the reintegration process is going with your Circle of Support and what, if any, adjustments need to be made. We will also discuss how you can be a support to others during their reintegration process before finishing the section by discussing professional resources available to support you in your continued reintegration.

- Then, in Part 3, Growth Through the Process, we will discuss the ways in which you and others may have grown because of your reintegration experience and how you can capitalize on this growth as you continue through the transition process.

Post-Deployment Resilience Training for Soldiers (3-6 Months)

- The training will conclude with a <u>Culminating Exercise</u>, which is the true "azimuth check". In Part 4, we conduct an exercise that allows you to assess and verify your current position in relation to the "successful" reintegration that you set out for from the beginning.

- Your course corrections, if necessary, will be based on the "azimuth check". The skills and strategies we will discuss in Part 2 are some strategies you can rely on in regard to *how* you make any necessary course corrections.

- We finish Part 4, and this training, with an opportunity to identify a meaningful goal and create a plan of action. The hope is that you leave this training with a clear sense of direction as well as feeling empowered to continue your progress and growth throughout the reintegration process.

2. Explain that the reflection included in today's module can be a difficult, yet beneficial process to ensure Soldiers make forward progress in their reintegration.

- Fully engaging in today's training will help you to gain new insights and sharpen your tools, which can positively impact your reintegration.

- As with the other modules, today we will be focusing on behaviors, like the way you communicate, as well as how you respond to <u>A</u>ctivating Events, like your <u>T</u>houghts, Emotions, and Reactions. Uncovering such things may be uncomfortable and even produce unpleasant emotions like anxiety or frustration.

- Though it may be uncomfortable, becoming more self-aware is pivotal in progressing forward so I encourage you to lean into the process. Instead of judging yourself for your current experiences, see the insight you gain as critical feedback that can support your growth.

- This training, though, does not just leave you with self-awareness; it also supports your ability to self-regulate and gain or regain control of your progress. As previously stated, we will be covering practical strategies and discuss who to reach out to if you need additional support so you can achieve or make progress toward a "successful" reintegration.
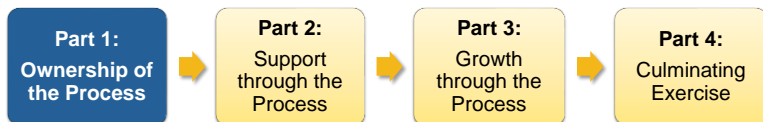
3. Transition.

- Let's get started with Part 1: Ownership of the Process.

Post-Deployment Resilience Training for Soldiers (3-6 Months)

# Part 1: Ownership of the Process

| Part 1: Ownership of the Process | Part 2: Support through the Process | Part 3: Growth through the Process | Part 4: Culminating Exercise |

**Part 1: Recommended time is 45 minutes**

**Introduce Part 1: Ownership of the Process.**

1.    Briefly review what will be covered in Part 1.

- In Part 1, Ownership of the Process, we begin by reviewing some typical situations or events that you may have experienced since returning. We will then look at these events through the lens of the ATC Model.

- Next, we will discuss what it really means to take ownership of the reintegration process. We will review effective strategies and skills that can be utilized to foster resilience and influence your reintegration experience for the better.

- To fully take ownership, you must first be self-aware. The discussions and exercises included in Part 1, like self- and buddy-checks for example, are specifically intended to raise your self-awareness.

- In Part 1, you will also assess how the adjustment and transition from deployment to post-deployment is going by working through examples of the resilience skills in the reintegration setting. Along with the on-going self-assessment, we will discuss strategies to support making adjustments, if and when necessary.

*[**NOTE**: This is a natural transition to the next slide.]*

Post-Deployment Resilience Training for Soldiers (3-6 Months)

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# Have you experienced…?

– Someone complaining about "stupid" stuff

– Someone moves your stuff (keys, jacket)

– Dining out with Family and friends

– Playing with your kids

– Being in crowds like the movies or mall

– Hearing sudden loud noises

– Garrison-related or civilian-related tasks

– Someone asking you "*what combat was like?*"

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**Discuss how common events or situations might lead to different reactions following a deployment.**

*[**NOTE**: This slide serves as a hook to preface the ATC Model. Therefore, common language is used rather than ATC Model terminology.]*

1. Review the list of Activating Events.

*[**NOTE**: Ask Soldiers to review the slide or have someone read it aloud to the group.]*

• *[ASK]* Since returning home from deployment, how many of you or your buddies have already reacted to these kinds of experiences differently than you reacted to them before deployment?

*[**NOTE**: Allow for discussion.]*

• Many of these events likely happened to you before you deployed without triggering any alarming reaction. In other words, they weren't a big deal to you and likely didn't lead to any notable Emotions or Reactions.

2. Ask Soldiers what has changed that has caused them to react differently to the same events or situations that they experienced before deployment.

• *[ASK]* What has changed that may have caused you to react differently?

*[**NOTE**: Allow for responses.]*

• You might think about these situations and events differently now as compared to before you deployed.

*[**NOTE**: This is a natural transition to the next slide.]*

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## ATC Model Recap

**Activating Event:**
The trigger:
a challenge, adversity,
or positive event

**Thought:**
Your interpretations of the **A**E,
what you say to yourself

**Consequences:**
Emotions:

Reactions:

In what ways might the deployment experience impact the way a Soldier interprets, perceives, or thinks about **A**ctivating Events?

◎ **Review the ATC Model.**

**[SLIDE BUILDS]**

**1.    Reintroduce the ATC Model.**

- Recall the ATC Model. The ATC Model can help raise self-awareness regarding your reactions to Activating Events such as those we just reviewed on the previous slide. More specifically, the ATC Model can help you realize the role that your mind has in how you feel and how you react in a given situation.

- Let's do a brief review.

**2.    Review Activating Events.**

- The Activating Event (AE) is just the facts of what has happened. It is the "who, what, when, and where." The AE triggers heat-of-the-moment Thoughts.

**3.    Review Thoughts.**

- The Thoughts you have in response to an AE are raw, are uncensored, and happen in the heat-of-the-moment.

- Thoughts are your interpretations of the AE, your perception of the event, your understanding of the event, the meaning that you assign to the event. It is what you say to yourself – consciously or unconsciously.

- You generally have a stream of Thoughts. Your minds can work at a rapid pace. However, being able to isolate one dominant Thought—the specific way you perceived or interpreted the AE—can help you to better understand what you feel and how you react in that moment.

4. Discuss how the deployment cycle experience has impacted the Soldiers' Thoughts about Activating Events.

*[CLICK TO ADVANCE]*

- *[ASK]* In what ways might the deployment experience impact the way a Soldier interprets, perceives, or thinks about Activating Events?

[*NOTE*: Allow for discussion. Encourage Soldiers to consider how the deployment experience may have altered their thinking to lead to more productive Consequences as well as to less productive Consequences. Examples may include

- *I'm more patient with loved ones because I am grateful for the time I get to spend with them;*

- *I am less patient with loved ones because I think they don't appreciate how good they've got it.]*

5. Review Consequences.

- The nature of your Thoughts is what drives the Consequences such as your Emotions and Reactions.

- If AEs like those on the previous slide now lead to different Consequences, different Emotions and Reactions, then it is important to realize that what has changed is not the events themselves, but the way you interpret or perceive them.

- When you become more aware of the Thoughts that are driving your Consequences, it can help you gain more control over yourselves and the choices you make to influence the situation.

- Let's take a look at an example.

[*NOTE*: This is a natural transition to the next slide.]

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## Responding to Work Tasks



Has anyone felt annoyed or frustrated with assigned work duties since being back home, especially when contrasted with the work you did on deployment?

◎ **Introduce an example scenario.**

1. Discuss how tasks on deployment often feel important while some Soldier tasks back home can feel pointless.

- *[ASK]* Has anyone felt annoyed or frustrated with assigned work duties since being back home, especially when contrasted with the work you did on deployment?

*[NOTE: Allow for discussion. Allow enough Soldiers to answer to confirm that this experience exists, but do not let the conversation get out of hand or aggressively negative.]*

- This is a common theme among Soldiers following a deployment. What you did on deployment was important; it had meaning and a clear purpose. Some tasks back home can now seem meaningless and even insulting for someone who has served their country on a deployment.

- Let's look at this type of scenario through the framework of the ATC Model.

*[NOTE: This is a natural transition to the next slide.]*

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# Work Tasks: ATC Example

**A**ctivating Event:
You just received a five-paragraph OPORD on area beautification

**T**hought:
What a waste of our time. We should be training

**C**onsequences:

**Emotions:** Anger and disgust
**Reactions:** Complaining, lack of effort toward the task

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◎ **Demonstrate how Thoughts can lead to counterproductive Consequences in the ATC Model.**

*[SLIDE BUILDS]*

1. State the <u>A</u>ctivating Event.

- The <u>AE</u> is, "You just received a five-paragraph operations order on area beautification."

2. Discuss potential heat-of-the-moment <u>T</u>houghts.

- *[ASK]* What might your heat-of-the-moment <u>T</u>houghts be?

*[NOTE: Allow for responses.]*

*[CLICK TO ADVANCE]*

- Your <u>T</u>houghts might be, "What a waste of our time; we should be training."

3. Discuss potential <u>C</u>onsequences.

- *[ASK]* What type of <u>C</u>onsequences might be driven by this line of <u>T</u>hought?

*[NOTE: Allow for responses.]*

*[CLICK TO ADVANCE]*

- <u>T</u>houghts like "It's a waste of my time; we should be training" will probably lead to Emotions like anger and disgust and Reactions of complaining as well as a lack of effort put toward the task.

▶

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**4.** <mark>Discuss the impact of these <u>C</u>onsequences on a "successful" reintegration.</mark>

- *[ASK]* How would these <u>C</u>onsequences impact a Soldier in that moment?

[*NOTE*: *Allow brief discussion. Encourage Soldiers to consider how these <u>C</u>onsequences might affect a Soldier's mood and stress level as well as how these <u>C</u>onsequences would impact others around them.]*

[*NOTE*: *This is a natural transition to the next slide.]*

Record your own notes here:

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# Impact of the Consequences

If we are not routinely managing our **T**houghts, we can develop a negative pattern

Routinely managing our **T**houghts can decrease stress and promote actions that propel us toward a "successful" reintegration

**Golden Question**: How might my current state, such as my **T**houghts and subsequent Emotions and Reactions, be impacting my progress toward a "successful" reintegration?

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**Review the importance of routinely managing one's T̲houghts and introduce the "Golden Question".**

1. Encourage Soldiers to consider implications of their T̲houghts and C̲onsequences, such as their Emotions and Reactions, beyond one moment in time.

- Sometimes the C̲onsequences of your T̲houghts—your Emotions and your Reactions following an A̲E—may not seem to have an impact on you or the situation.

- After all, one moment in time is just one moment in time.

- However, if you are not routinely managing your T̲houghts, you can easily develop a habit or a pattern of thinking about things in a certain way. When this happens, you can find yourselves experiencing the same negative emotions and unproductive reactions over and over.

- Over time, this will increase stress and can wear you down. What's more, it can also wear down others around you. These implications would negatively impact your pursuit of—and progress toward—a "successful" reintegration.

2. <mark>Provide Soldiers with the optimistic perspective that being deliberate in their response to <u>A</u>Es can help to minimize stress and lead to achieving a "successful" reintegration.</mark>

- The good news is that being deliberate in how you respond to the <u>A</u>Es and the challenges you experience during reintegration, such as routinely managing your <u>T</u>houghts, can minimize stress and help you take actions that propel you toward a "successful" reintegration.

3. <mark>Introduce the Golden Question that can be used to help Soldiers align their actions with their goal of a "successful" reintegration.</mark>

- Therefore throughout today's module, I will be asking you a Golden Question. Similar to the Golden Rule that we should live by always, the Golden Question is one that can guide you throughout the reintegration process.

- The Golden Question is: How might my current state, such as my <u>T</u>houghts and subsequent Emotions and Reactions, be impacting my progress toward a "successful" reintegration?

- With greater awareness comes the opportunity for greater control. This means that when you become more aware of your <u>T</u>houghts, Emotions, and Reactions, and become attuned to how they are impacting your life—and specifically your reintegration—then you are in a better position to take ownership.

[**NOTE**: *This is a natural transition to the next slide.*]

# Take Ownership

Control the Controllables

– Take ownership of your **T**houghts by thinking flexibly about **A**ctivating Events and taking initiative to positively influence situations or events

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**Establish that Soldiers can take ownership of their reintegration process by taking ownership of their Thoughts (i.e. how they respond to Activating Events).**

1. Emphasize that Soldiers can influence the Consequences by taking ownership of their Thoughts.

- Simply put, taking ownership is choosing to Control the Controllables.

- Perhaps you remember Control the Controllables as a strategy presented in previous DCRT modules. It is the one strategy that underlies all the others.

- You may not be able to control the AEs that occur during reintegration, but how you respond to each AE is within your control. By taking ownership of your Thoughts, you can influence the Consequences such as how you feel and react.

- Taking ownership of your Thoughts means acknowledging that you have control over the way you think about, interpret, and perceive the events that happen to you and around you.

- Taking ownership of your Thoughts also means taking initiative to positively influence your situation and being accountable to the part you play in the Consequences such as whether they are productive or counterproductive to the situation.

- Soldiers who choose to think flexibly and take in other perspectives on adversities are more effective at adapting to change and making necessary adjustments.

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2. Explain that the ATC examples throughout the module are used to illustrate how Soldiers can take more ownership of their reintegration process by shifting their <u>T</u>houghts to elicit more productive <u>C</u>onsequences.

- Throughout this module, we will use the ATC Model to exercise your ability to manage your <u>T</u>houghts, Emotions, and Reactions by presenting an <u>AE</u> and looking at it from different perspectives.

- The intent is not to prepare you for specific examples of things that you will definitely experience or <u>T</u>houghts that you will definitely have. Everyone is different and everyone experiences reintegration—and <u>AE</u>s— differently.

- These are just examples to illustrate how you can take more ownership of your reintegration process by shifting your <u>T</u>houghts to elicit more productive <u>C</u>onsequences.

3. Transition.

- In fact, let's take the example <u>AE</u> from earlier—the OPORD for area beautification and consider alternative <u>T</u>houghts about it.

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## Work Tasks: ATC Example

**A**ctivating Event: You just received a five-paragraph OPORD on area beautification

*Alternative* **T**hought: The area won't stop itself from becoming a latrine

**C**onsequences:
**Emotions:** Mild annoyance
**Reactions:** Facing the detail with humor

**Illustrate how alternative Thoughts can produce Consequences that can positively impact a Soldier's reintegration.**

*[SLIDE BUILDS]*

1. Re-state the Activating Event and explain the value of productive Thoughts.

- Here we have the exact same AE—"You just received a five-paragraph OPORD on area beautification."

- When we put in the effort, we can generate more productive Thoughts about the AE.

- A productive Thought is one that produces the Emotions and Reactions that will be helpful to you in this situation and in your reintegration progress overall.

2. Discuss alternative (more productive) Thoughts.

- *[ASK]* What might be some more productive Thoughts?

*[**NOTE**: Allow brief discussion.]*

*[CLICK TO ADVANCE]*

- Here is a more productive Thought: "The area won't stop itself from becoming a latrine."

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**3.** Discuss Consequences driven by the alternative Thoughts.

- **[ASK]** What Consequences might be driven by this alternative Thought?

[**NOTE**: Allow brief discussion.]

[**CLICK TO ADVANCE**]

- This type of Thought will allow you to accept the situation with less annoyance and even allow you to find a little bit of humor in how ridiculous the situation is.

**4.** Discuss the impact of these Consequences on a Soldier in the moment and on their pursuit of a "successful" reintegration.

- **[ASK]** How would these Consequences impact a Soldier in that moment?

[**NOTE**: Allow brief discussion. Encourage Soldiers to consider various domains, such as the impact professionally, socially, interpersonally, and personally. For example, encourage Soldiers to consider the positive difference this might have on a Soldier at the end of the day when you get together with your Family or friends than the initial Thought we had reviewed.]

- **[ASK]** How might these Consequences, and more of their kind, impact a Soldier's progress toward a "successful" reintegration?

[**NOTE**: Allow brief discussion. Encourage Soldiers to consider various domains, such as the impact professionally, socially, interpersonally, and personally.]

[**NOTE**: This is a natural transition to the next slide.]

# Strategies

| Manage Expectations | Control the Controllables | Shift Your Thinking | Hunt the Good Stuff |
|---|---|---|---|
| Actively seek accurate, relevant information to inform realistic expectations | Accept what cannot be changed and take productive action on things within your control | Shift how you are thinking, interpreting, or perceiving the situation | Be aware of and spend time focusing on the good things or positive events that happen; appreciate them |

| Deliberate Breathing | Deliberate Communication | Pursue a Goal |
|---|---|---|
| Take a physical, mental, and emotional pause by controlling your breath as well as your thoughts and emotions | Actively listen to understand; deliver messages openly, respectfully, and clearly | Identify a meaningful goal that creates a sense of purpose; develop and follow a plan that promotes productive behavior |

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**Review strategies that promote resilience.**

1. Ask Soldiers to identify which strategies were utilized in the previous ATC exercise.

- Presented on the slide are the resilience strategies we have discussed in all of the DCRT training modules you have received.

- Consider the ATC exercise we just completed.

- *[ASK]* Which strategy or strategies would you say we just utilized in the example of the "area beautification OPORD"?

*[NOTE: Allow for responses. Encourage Soldiers to provide explanation rather than just name the strategy. Encourage Soldiers to consider how working through the ATC example demonstrated Control the Controllables and Shift Your Thinking.]*

2. Highlight how the ATC example primarily demonstrated the use of Control the Controllables and Shift Your Thinking and how these strategies can be used when encountering initial Thoughts that are not very productive.

- You may have identified closely with the first set of Thoughts we discussed in regard to receiving an OPORD on area beautification.

- The reality is that you may find yourself having counterproductive Thoughts to other AEs that occur in your days. That is okay. In fact, that is common.

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- Being resilient doesn't mean you have to have "perfect Thoughts" or be in control of every single Thought that you have. Oftentimes your initial Thoughts, Emotions, and Reactions happen very quickly and even outside of your conscious thinking.

- In other words, your initial Thought, Emotion, or Reaction to an AE may have happened instinctively and out of your direct control. At this point, it is an uncontrollable – it just happened. But, once you are aware of it, then you can take control of what you do next. This demonstrates Controlling the Controllables.

- Becoming aware of your Thoughts that are driving your initial Consequences is foundational to acting with resilience. Once you are aware, then you can make a deliberate choice in how to proceed: drive-on or consider Shifting your Thinking in order to produce more favorable Consequences.

3. Highlight that taking ownership of one's reintegration experience goes behind managing Thoughts but involves utilizing a variety of strategies to support resilience.

- There are other ways to take ownership of your reintegration experience such as taking productive actions like communicating in a deliberate, purposeful way or taking deliberate breaths to manage your energy and gain composure.

- Taking ownership is doing whatever is within your power to increase your resilience capabilities, such as your ability to face and cope with adversity, adapt to change, recover and learn from setbacks, and grow from the experience.

*[**NOTE**: This is a natural transition to the next slide.]*

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## Strategies

| Manage Expectations | Control the Controllables | Shift Your Thinking | Hunt the Good Stuff |
|---|---|---|---|
| Actively seek accurate, relevant information to inform realistic expectations | Accept what cannot be changed and take productive action on things within your control | Shift how you are thinking, interpreting, or perceiving the situation | Be aware of and spend time focusing on the good things or positive events that happen; appreciate them |

| Deliberate Breathing | Deliberate Communication | Pursue a Goal | Other Strategies |
|---|---|---|---|
| Take a physical, mental, and emotional pause by controlling your breath as well as your thoughts and emotions | Actively listen to understand; deliver messages openly, respectfully, and clearly | Identify a meaningful goal that creates a sense of purpose; develop and follow a plan that promotes productive behavior | **?** |

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🎯 **Facilitate discussion about the Soldiers' use of strategies to foster resilience during their reintegration.**

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1. **Ask Soldiers which strategy or strategies they have found to be most beneficial during their reintegration so far.**

- Since returning home, you have been faced with the challenge of reintegrating to your home environment professionally, personally, relationally, and socially. You undoubtedly encountered a fair share of AEs and perhaps even prolonged adversity.

- *[ASK]* Which strategy or strategies have you found to be most beneficial during your reintegration so far?

*[NOTE: Allow for responses. Encourage Soldiers to provide an explanation or example of how they found the specific strategy useful.]*

- *[ASK]* What other strategies have you used to help foster your resilience during the reintegration process?

*[NOTE: Allow for Soldiers to share strategies not listed on the slide.]*

- *[ASK]* Have you found some strategies—DCRT or other—to be more effective at certain times or in certain situations?

*[NOTE: Allow for discussion.]*

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**2.** **Explain that the effectiveness of the strategy may depend on the person, purpose, situation or domain, and timing.**

- There are a number of strategies to support your resilience. The effectiveness of a given strategy may depend on the person, purpose, situation or domain, and timing.

- The strategies that work best for you may not be the most effective for your battle buddy and vice versa. Choose the strategy that works best for you in the specific situation at hand.

- In regard to purpose, it is useful to have strategies that help you to relieve stress, such as working out or capturing what you're grateful for in a Hunt the Good Stuff journal, as well as to have strategies to face challenges and adversities in the moment.

- When facing in-the-moment adversity, the most effective strategy will depend on what you need most within that situation.

- For example, in the middle of a heated argument with a member of your Circle of Support, you might realize that your Thoughts or interpretation of the AE unfolding are only causing you to get angrier and more frustrated. This frustration and anger is causing your blood pressure to rise and you begin to take an aggressive tone, which you are aware is not helping the situation.

- *[ASK]* What might be an effective strategy for this person to use in this moment?

*[NOTE: Allow for responses. Cover key points that were not raised by the group.]*

- In this moment, Deliberate Breathing to gain composure might be an effective first step. It can be hard to Shift Your Thinking when your body and brain are highly activated. Regulating your energy first can help to open your mind and allow you to consider other perspectives.

- Similarly, in order to engage in Deliberate Communication and have a productive conversation, you may need to regulate your emotions and keep an open mind.

**3.** **Transition.**

- The goal, however, is not to use these strategies just for the sake of using them. The motivation to use strategies like these is fueled by your sense of purpose.

# Sense of Purpose

A sense of purpose is believing that your current actions contribute to something beyond the moment or even beyond yourself

How have you used commitment to a sense of purpose to help you through the reintegration process thus far?

Rediscovering or recommitting to your sense of purpose can have a domino effect

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**Review the value of connecting to a sense of purpose and ask Soldiers how a sense of purpose during reintegration has benefited them.**

1. Describe the value of connecting to a sense of purpose.

- A sense of purpose is believing that your current actions contribute to something beyond the moment or even beyond yourself.

- Having a sense of purpose gives meaning to what you do. It can guide your choices and serve as a source of strength, hope, and perseverance.

- A Soldier's sense of purpose might include things like the Army Values, personal or family core values, spiritual beliefs, cultural traditions, or a set of guiding principles.

2. Recall Lieutenant Junior Grade (LTJG) Alvarez, the POW, from the first post-deployment module who acknowledges that the stresses of life become manageable if you operate with a sense of purpose.

- In the first post-deployment resilience training module, we shared a story of Lieutenant Junior Grade (LTJG) Alvarez who endured one of the longest periods as a POW in America history. Alvarez faced adversity as a POW and also during his reintegration.

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- In his book, *Code of Conduct*, Alvarez describes his readjustment to civilian life and he stresses the importance of not just having a sense of purpose but acting upon it. He explains that by adopting a set of values and committing to live by them, the stresses of life become manageable.

3. Allow Soldiers to share successes in how commitment to a sense of purpose has helped them through the reintegration process thus far.

- *[ASK]* How have you used commitment to a sense of purpose to help you through the reintegration process thus far?

*[NOTE: Allow for responses.]*

4. Explain that it is easy to lose sight of one's sense of purpose and that recommitting to a purpose can often times have a domino effect that drives other productive behaviors.

- As you go through your day-to-day lives, you can sometimes find yourselves going through the motions; if you are not intentional each and every day, you can easily lose sight of your sense of purpose.

- Rediscovering or recommitting to your sense of purpose can sometimes have a domino effect. Approaching your day and your challenges with a sense of purpose can create a chain reaction of other resilient behaviors, such as utilizing resilience skills.

- We will review the resilience skills next.

*[NOTE: This is a natural transition to the next slide.]*

# Skills

Self-Awareness

Situational Awareness

Acceptance

Self-Regulation

Connection



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**Reintroduce the resilience skills as a transition to the next set of slides.**

1. Reintroduce the skills that were covered in the previous post-deployment module and explain that the next slides will serve as a way to check in on how they are adjusting their skills for reintegration purposes.

- The transition from deployment to post-deployment often requires Soldiers to make personal adjustments.

- In the first post-deployment module, we discussed five skills—self-awareness, situational awareness, acceptance, self-regulation, and connection—and how each of the skills fostered resilience during deployment and can also foster resilience during reintegration.

- The way the skills were effectively applied during deployment may not, however, be as conducive in the home environment. Thus, there may be a need to adjust.

- As we work through the skills, if you realize that adjustments may be warranted or that you want to improve upon something, keep it in mind for the goal-setting exercise we will do at the conclusion of the module.

[**NOTE**: This is a natural transition to the next slide.]

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# Self-Awareness

Knowing your sense of purpose, personal strengths, and skills

Monitoring your **T**houghts, Emotions and Reactions to **A**ctivating Events

Acknowledging and understanding how you are influencing the situation to include others around you

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## Discuss the skill of self-awareness.

1. Describe key elements of self-awareness.

- Self-awareness is a fundamental skill of resilience.

- One aspect of self-awareness is knowing who you are, what makes you tick, and what personal assets you have to draw upon to successfully face and overcome a challenge. For example, identifying and knowing your sense of purpose as well as your personal strengths and skills contribute to self-awareness.

- Self-awareness includes the ability to monitor your **T**houghts, such as how you interpret or perceive AEs that occur in the moment or in retrospect, and your Emotions and Reactions to such AEs. This is why the ATC Model can be a useful tool for Soldiers.

- Acknowledging and understanding how you – your **T**houghts, Emotions, and Reactions – are influencing the situation along with others around you is also a part of self-awareness. This knowledge is useful as it informs self-regulation efforts and allows you to adjust more effectively.

**2.** Through discussion, acknowledge that cultivating self-awareness requires a degree of vulnerability with oneself that can be uncomfortable.

- The skill of self-awareness may seem easy in concept, but it can be a challenge to live out.

- *[ASK]* What might be some barriers to self-awareness?

[*NOTE*: *Allow for discussion.]*

- To be self-aware during the reintegration process involves taking an honest look at yourself to assess how you are doing with reintegrating into the multiple domains of your life.

- As mentioned before, this level of openness and awareness can be uncomfortable, but it is part of the growth process.

**3.** Transition.

- There are purposeful exercises and discussions scattered throughout this module to help with enhancing self-awareness.

- Next, we'll use an awareness strategy that should be somewhat familiar to you: a self- and buddy-check.

**Self-Awareness: Self- and Buddy-Checks**

What is the purpose of a self- and buddy-check before or during a mission?

– It is important to know what to look for that may be cause for concern

Self-check: "Am I doing this?" and "Is this typical of me or is this a change since returning from the deployment?"

– Buddy-check: What would my battle buddies and Circle of Support say of me?

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◎ **Introduce self- and buddy-checks as a technique to enhance self-awareness and help Soldiers to maintain readiness and resilience during the post-deployment phase.**

**[SLIDE BUILDS]**

1. Introduce self- and buddy-checks for the post-deployment phase.

   • *[ASK]* What is the purpose of a self- and buddy-check before or during a mission?

   [*NOTE: Allow for responses.*]

   • Much like before a mission when you do a PCC or PCI, here you are doing the same thing but for your own and your buddy's resilience regarding making progress in the reintegration process. Self- and buddy-checks help to raise one's self-awareness.

   • In turn, like a PCC or PCI, a self- and buddy-check can help you determine whether deliberate actions ought to be taken to keep you and others safe and put you on a resilient path forward so that you can have a more "successful" reintegration.

2. Explain that the list of behaviors that will be shown on the next slide are potential indicators of transition problems.

   • When considering how the transition is going for you and for others, it is important to know what to look for that may be cause for concern. Presented on the next slide will be a list of behaviors that may be indicators of transition problems.

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- At the beginning of a Soldier's transition home from deployment, it is somewhat common for Soldiers to experience some of the listed reactions or behaviors.

- Usually, as Soldiers adjust, their behaviors and reactions will improve over time. However, there's no exact timeline for when to expect the adjustment. Each individual transitions home in their own way and own time.

- Now that some time has passed since returning home, if you find that the reactions or behaviors have not subsided, if they have gotten worse, or if they have just not gone the way you would like them to, then now is a good time to reach out for support. Later in the module we will discuss some options of where to turn for support if needed.

3. Provide guidance on how Soldiers can use the list to conduct a thorough self- and buddy-check.

*[CLICK TO ADVANCE]*

- As we go through the list, ask yourself, "Am I doing this?" and "Is this typical of me or is this a change since returning home from the deployment?"

- Consider whether any of the issues are getting in the way of functioning at work, home, or social situations; or affecting your ability to enjoy life.

- This is the self-check.

- Next, consider if a buddy were checking you over just as a buddy checks your uniform, your kit, or your ruck sack for a deployment mission. Here, a buddy check is a self-check from a different perspective.

- As we work through each item on the list, imagine what those closest to you, such as a battle buddy or other members of your Circle of Support, might say if they were asked these things about you. Would they say this describes you? Would they say it is something that describes you now but didn't describe you before the deployment?

- Let's review the list…

[**NOTE**: *This is a natural transition to the next slide.]*

Record your own notes here:

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## Self-Awareness: Self- and Buddy-Checks

- – Dangerous driving
- – Overuse of alcohol
- – Revved up
- – Sleep problems
- – Over-controlling
- – Over-reacting
- – Quick to anger
- – Detached or numb
- – Being told "you've changed"

- – Intrusive memories
- – Guilt and grief
- – Relationship problems
- – Weapons
- – Risk-taking
- – Adrenaline highs
- – No future focus
- – Gut feeling

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**Discuss behaviors that may be indicators of problems during the continuing transition process.**

1. Review the list of potentially problematic behaviors and reactions that might indicate an underlying problem.

[**NOTE**: *Review each behavior or reaction. Allow for discussion of how each might be an indicator of a problem.*]

- Dangerous driving. Unsafe driving, feeling the "need for speed", driving accidents, easily angered while driving

- Overuse of alcohol. Others say you're drinking too much/too frequently, using alcohol to "calm down" or sleep

- Revved up. Hypervigilant, jumping at sudden loud noises

- Sleep problems. Problems falling asleep/staying asleep, nightmares

- Over-controlling. Trying to exert control over things that don't really matter, trouble letting others share in decisions

- Over-reacting. Overreacting to minor events, continually "sweating the small stuff", moving too quickly from "zero-to-sixty"

- Quick to anger. Only showing anger, quick to anger, sustained anger, getting into heated arguments, overly aggressive

- Detached or numb. Unaffected by what's going on around you, avoiding people, withdrawing from Family, not reconnecting with loved ones or friends; becoming detached or numb is often accomplished through self-medication (alcohol or other substances)

- Being told "You've changed". Friends/loved ones say "you've changed" and you should get help. This is not an easy thing to hear, but take into account what may have prompted the remark

- Intrusive memories. Deployment memories continue to bother you

- Guilt and grief. Thoughts and feelings about what happened during the deployment interferes with daily functioning or the ability to enjoy life

- Relationship problems. Arguments for no good reason, irritability, no real attempt to reconnect with Family or friends, feeling withdrawn or disconnected

- Weapons. Threatening someone, feeling that keeping an unsecured loaded weapon within arm's reach at all times is the only way to remain safe and/or keep loved ones safe

- Risk-Taking. Risky driving, risking exposure to sexually-transmitted diseases, poor financial management

- Adrenaline Highs. Driving/riding a motorcycle to get a rush, sudden interest in extreme sports such as mountain climbing, sky-diving, etc.

- No future focus. Hopelessness, no thoughts about/plans for the future or not being able to visualize yourself in the future

- Gut Feeling. If you just have a feeling that something isn't right and that you need help, trust your gut and act on it

2.   Transition.

- If you identify with some of the indicators listed here, you can consult with a leader, mentor, behavioral health professional or Chaplain to see if what you are experiencing is outside of the predictable transition process.

- The "buddy-check" process can be difficult to accept. If someone brings a concern about your behavior to your attention, then it may be initially upsetting. It can be hard to hear that others are judging you or your behavior. Let's look at this scenario through an ATC example.

Record your own notes here:

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# Self-Awareness: ATC Example

**A**ctivating Event: Your battle buddy tells you that you are drinking way more than you did before deployment and they are concerned

**T**hought: They don't know what they are talking about. They are wrong.

**C**onsequences:
**Emotions:** Annoyed
**Reactions:** Dismissive, continue current behavior

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◎ **Use the ATC Model to illustrate how Thoughts can lead to counterproductive Consequences.**

---

1. **State the Activating Event.**

   • The AE is, "Your battle buddy tells you that you are drinking way more than you did before the deployment and they are concerned."

2. **Discuss potential heat-of-the-moment Thoughts.**

   • *[ASK]* What might a Soldier's heat-of-the-moment Thoughts be?

   *[NOTE: Allow brief discussion.]*

   *[CLICK TO ADVANCE]*

   • Thoughts might include: "They don't know what they are talking about. They are wrong."

3. **Discuss potential Consequences.**

   • *[ASK]* What Consequences might be driven by this Thought?

   *[NOTE: Allow brief discussion.]*

   *[CLICK TO ADVANCE]*

   • This Thought will probably lead to Emotions such annoyance or even anger and Reactions of dismissing their comment and continuing in current behavior.

▶

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**4.** Discuss the impact of these <u>C</u>onsequences on a Soldier's progress toward a "successful" reintegration.

- *[ASK]* How might these <u>C</u>onsequences affect a Soldier's sense of self-awareness?

*[**NOTE***: Allow responses.]*

- *[ASK]* How might these <u>C</u>onsequences, and more of their kind, impact a Soldier's progress toward a "successful" reintegration?

*[**NOTE***: Allow brief discussion. Encourage Soldiers to consider various domains such as the impact professionally, socially, interpersonally, and personally.]*

**5.** Transition.

- Instead of dismissing the person and their message entirely, let's consider how this information can help support a Soldier's self-awareness and their progress toward a "successful" reintegration.

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## Self-Awareness: Self- and Buddy-Checks



"Tail-Light Effect": when others identify a problem that you are unaware of yourself

How might the "Tail-Light Effect" apply to Soldiers who are in the reintegration process?

Value in "buddy-checks" whether you ask for them or not

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◎ **Describe the "Tail-Light Effect" and how it can enhance a Soldier's self-awareness.**

---

1. Describe the "Tail-Light Effect".

- When others identify a problem that you are unaware of yourself then this is called the "Tail-Light Effect".

- For instance, when you drive a car that has a broken tail-light, you are often unaware it is broken until someone else such as a buddy, family member, or the police bring it to your attention.

2. Ask Soldiers how the "Tail-Light Effect" applies to Soldiers who are in the reintegration process.

- *[ASK]* How might the "Tail-Light Effect" apply to Soldiers as who are in the reintegration process?

*[NOTE: Allow for responses.]*

- Many people who experience problems during transition may be unaware of the problem or of their concerning behavior. They may in fact be completely oblivious that they are having any issues.

- For Soldiers to become aware of concerning behaviors or potential problems, it often falls to others—such as battle buddies, leaders, Family members, other members of your Circle of Support—to point out them out.

- This is why a "buddy-check" – whether you asked for one or not – can be of great value.

- With this perspective in mind, let's return to our scenario.

*[**NOTE**: This is a natural transition to the next slide.]*

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# Self-Awareness: ATC Example

**A**ctivating Event:
Your battle buddy tells you that you are drinking way more than you did before deployment and they are concerned

*Alternative* **T**hought:
This is hard to hear, but they care enough about me to say something

**C**onsequences:
**Emotions:** Feeling cared for
**Reactions:** Consider the feedback

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**Illustrate how alternative Thoughts can produce Consequences that can positively impact a Soldier's reintegration.**

1. Re-state the <u>A</u>ctivating Event.

   • The <u>AE</u> is the same: "Your battle buddy tells you that you are drinking way more than you did before the deployment and they are concerned."

2. Discuss alternative <u>T</u>houghts.

   • *[ASK]* What might be some alternative <u>T</u>houghts or other ways of interpreting the message?

   [*NOTE*: Allow brief discussion.]

   *[CLICK TO ADVANCE]*

   • An alternative <u>T</u>hought might be: "This is hard to hear, but they care enough about me to say something."

3. Discuss potential <u>C</u>onsequences.

   • *[ASK]* What <u>C</u>onsequences might be driven by this alternative <u>T</u>hought?

   [*NOTE*: Allow brief discussion.]

*[CLICK TO ADVANCE]*

- This Thought will probably drive Emotions such as feeling cared for and Reactions such as being open the possibility that they recognize changes in you/your behavior that you are not aware of (yet) and you consider the person's feedback.

4. Discuss the impact of these Consequences on the Soldier's pursuit of a "successful" reintegration.

- *[ASK]* How would these Consequences support a Soldier's sense of self-awareness?

*[NOTE: Allow brief discussion.]*

- *[ASK]* How might these Consequences, and more of their kind, impact a Soldier's progress toward a "successful" reintegration?

*[NOTE: Allow brief discussion. Encourage Soldiers to consider various domains such as the impact professionally, socially, interpersonally, and personally.]*

5. Transition.

- Let's move onto the skill of situational awareness.

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## Situational Awareness



Seeking information through observation and communicating with others

Skill honed during deployment, often termed "tactical awareness"

– Downside to tactical awareness in home environment; need for adjustment

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**Explain that situational awareness is a skill Soldiers honed during deployment, yet one that must be adjusted to best suit the reintegration environment.**

1. Describe situational awareness.

- Situational awareness is seeking knowledge and understanding of the external environment. You can cultivate situational awareness through observation and also through communicating with others.

2. Explain that the deployment skill of situational awareness must be adjusted to best suit the reintegration environment.

- Situational awareness is a skill that is honed on deployment. For example, on deployment, Soldiers must remain vigilant and be aware of any potential threats or issues of concerns. Often this type of situational awareness is termed tactical awareness.

- There can be a downside, however, to tactical awareness when in the home environment so the skill may need to be adjusted to best suit you in the reintegration process.

- Let's take a look at an example.

[**NOTE:** This is a natural transition to the next slide.]

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## Situational Awareness: Example

Going to the mall or movie theater and feeling like there is imminent danger

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◎ **Introduce another common Activating Event using a scenario. Make the example real to the Soldiers.**

1. Describe the Activating Event.

   • Here's a scenario that can often arise from the downsides of the deployment strength of tactical awareness: You go to the mall or movie theatre with friends/Family but upon arriving, you feel like there is imminent danger.

   • This emphasis is on "imminent"; yes, there can be danger in large public places. What we are talking about here is knowing in your gut that something bad WILL happen.

2. Transition.

   • Let's put this scenario into the ATC Model.

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## Situational Awareness: ATC Example

**A**ctivating Event:
You arrive at the mall or movie theater

**T**hought:
We are in imminent danger... something bad is going to happen

**C**onsequences:
**Emotions:** Anxiety
**Reactions:** Racing heart; looking for escape

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◎ **Use the ATC Model to illustrate how Thoughts can lead to counterproductive Consequences.**

*[SLIDE BUILDS]*

1. Describe the Activating Event.

   • The AE is: "You arrive at the mall or movie theater."

2. Discuss potential heat-of-the-moment Thoughts.

   • *[ASK]* What Thoughts might a Soldier who just returned from deployment possibly have in response to this AE?

   *[NOTE: Allow for responses before revealing the example provided. Guide the discussion until Thoughts are suggested that are close to the examples.]*

   *[CLICK TO ADVANCE]*

   • Your Thought might be that you are in imminent danger and something bad is going to happen.

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**3.** **Discuss the possible Consequences.**

- *[ASK]* What Consequences might be driven by this Thought?

*[NOTE: Allow for responses before revealing the example provided.]*

*[CLICK TO ADVANCE]*

- This Thought will probably lead to an Emotion of anxiety along with Reactions that include a racing heart, shortness of breath, and maybe an overwhelming desire to escape.

**4.** **Discuss the impact of these Consequences in the moment and on the Soldier's pursuit of a "successful" reintegration.**

- *[ASK]* How would these Consequences impact a Soldier in that moment?

*[NOTE: Allow brief discussion. Encourage Soldiers to consider various domains such as the impact professionally, socially, interpersonally, and personally.]*

- *[ASK]* How might these Consequences, and more of their kind, impact a Soldier's progress toward a "successful" reintegration?

*[NOTE: Allow brief discussion. Encourage Soldiers to consider various domains, such as the impact professionally, socially, interpersonally, and personally.]*

- The Thought and subsequent Consequences can produce a vicious cycle. Escaping this situation, assuming there was no clear danger, does not allow you to become re-acclimated to that environment. Furthermore, it can make you even more anxious about going back into that situation again the next time.

**5.** **Transition.**

- A Soldier with increased awareness of the negative impact their current state is having on their reintegration progress may choose to reconsider the facts and shift their interpretation of the AE.

- Let's take a look at what Consequences an alternative Thought might drive.

## Situational Awareness: ATC Example

**A**ctivating Event:
You arrive at the mall or movie theater

*Alternative* **T**hought:
What will most likely happen is that everything will be fine except I'll feel a little uneasy and be on high-alert. I can tolerate feeling that way for the sake of being with my Family/friends.

**C**onsequences:
**Emotions:** A little bit anxious
**Reactions:** Tolerance of own unease, stay engaged with Family/friends

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**Illustrate how alternative Thoughts can produce Consequences that can positively impact a Soldier's reintegration.**

*[SLIDE BUILDS]*

1. Discuss some alternative, more productive Thoughts that would lead to better outcomes.

- Here we have the same AE: "You arrive at the mall or movie theater."

- *[ASK]* What would be some alternative, productive Thoughts that would allow you to enjoy yourself while also strengthening connections with your Family/friends?"

*[**NOTE**: Allow for responses. Discuss possible Thoughts before revealing the example provided. Guide the discussion until Thoughts are suggested that are close to the examples.]*

*[CLICK TO ADVANCE]*

- More productive Thoughts might be: "What will most likely happen is that everything will be fine except I'll feel a little uneasy and be on high-alert. I can tolerate feeling that way for the sake of being with my Family/friends."

- Also, you might think that "the level of threat here is not the same as it was in the deployed environment."

| 2. | Describe the <u>C</u>onsequences driven by the alternative <u>T</u>houghts and discuss the impact of these <u>C</u>onsequences. |

*[CLICK TO ADVANCE]*

- Shifting Your Thinking to <u>T</u>houghts like these will not completely get rid of the anxiety, but it will help to lower the intensity level enough to allow you to stay engaged in the moment with your Family/friends and face the situation rather than try to run away from it as before.

- *[ASK]* How might these <u>C</u>onsequences, and more of their kind, impact a Soldier's progress toward a "successful" reintegration?

*[**NOTE**: Allow brief discussion. Encourage Soldiers to consider various domains such as the impact professionally, socially, interpersonally, and personally.]*

| 3. | Acknowledge that using the strategy of Shifting Your Thinking can help you engage in the moment and respond based on the present circumstances rather than past events. |

- It is important to point out that Shifting Your Thinking may or may not stop you from feeling anxious. In this case, however, it helped lower the intensity of the Emotion so that the Soldier was more capable of engaging in the present moment.

- Also, considering other <u>T</u>houghts, interpretations, or perceptions of the events can enable you to respond to the event based on the present circumstances rather than react based on past events.

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**Situational Awareness Example: Strategies**

What other strategy or strategies might a Soldier use that could be helpful in similar situations, such as feeling highly anxious in social settings or in large public places?



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**Discuss other strategies that might help Soldiers in situations like the previous scenario (e.g., being anxious in social settings or large public places).**

1. Ask Soldiers what other strategies might help Soldiers in situations like the previous example that involves feeling anxious in social settings or large public places.

- *[ASK]* What other strategy or strategies might a Soldier use that could be helpful in similar situations, such as feeling highly anxious in social settings or in large public places?

[**NOTE**: Allow for responses. Point out examples below if not already discussed by the group

- *You may consider using Deliberate Breathing to help regulate your physical activation and calm your brain. After taking a few Deliberate Breaths and grounding yourself in the present moment, then you can see the situation more clearly and make a conscious decision of what to do next.*

- *Communicating to your family/Friends what is going on can also be helpful for you as well as for them to better understand how to support you in this moment and in future situations like these.*

[**NOTE**: This is a natural transition.]

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## Situational Awareness

Reintegration requires a clear, accurate, and thorough approach to situational awareness

> How can increasing your focus on what is going right or well with a person, relationship, or situation impact your reintegration?

> What are some ways or strategies to ensure you are adjusting the skill of situational awareness to suit the needs of reintegration?

> What are some things that have gone right or gone well within the reintegration process so far?

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🎯 **Discuss how situational awareness can be adjusted so that it is best suited for reintegration.**

---

1. Describe how situational awareness adjusted for post-deployment purposes can be useful during reintegration.

- Situational awareness can benefit you during reintegration. With information you gather through situational awareness, you are more equipped to respond effectively to challenges, make informed decisions, and determine more effective solutions to problems.

- In order to reap these benefits, however, you must see the situation clearly, accurately, and thoroughly.

- This means that you aren't just looking for what is wrong, what is concerning, or what needs fixed, but that you are also on the hunt for what is going right and going well.

- *[ASK]* How can increasing your focus on what is going right with a person, relationship, or situation impact your reintegration?

[*NOTE*: Allow for responses.]

▶

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**2.** **Discuss strategies to adjust situational awareness to best suit the needs of reintegration.**

- If you find you are focused more on the negative events during your day, fixated on what others around you are doing wrong, or constantly scanning for threats, then this might indicate you could benefit from further adjustment.

- *[ASK]* What are some ways or strategies to ensure you are adjusting the skill of situational awareness to suit the needs of reintegration?

*[NOTE: Allow for responses.]*

- Good stuff, such as what is going right and going well, is sometimes easy to find and sometimes more difficult. It is there, but sometimes you need to hunt for it. That is why we call this strategy Hunt the Good Stuff.

**3.** **Ask Soldiers to identify some things that have gone right or gone well within the reintegration process so far.**

- Take a moment now to consider some Good Stuff that has happened or become apparent during the past couple of months.

- *[ASK]* What are some things that have gone right or gone well within the reintegration process so far?

*[NOTE: Allow for responses. Consider asking a follow-on question such as "what does that mean to you?" or "how has that impacted you?"]*

**4.** **Transition.**

- Now, let's discuss the skill of acceptance.

# Acceptance

Actively embracing your experience without attempting to change what it is that you are experiencing

During deployment, "embracing the suck" may have been a resilient strategy

– To maintain mission focus, Soldiers may have conditioned habits to suppress emotions or avoid conflict with Circle of Support back home

What makes exercising the skill of acceptance during the reintegration process so important for yourself, your buddies, and those you lead?

**Review the skill of acceptance, how it benefited Soldiers on deployment, and how it may need to be adjusted for reintegration purposes.**

1. Describe the skill of acceptance.

• Acceptance is actively embracing your experience without attempting to change what it is that you are experiencing.

2. Highlight ways that Soldiers may have exercised the skill of acceptance on deployment in beneficial ways.

• Acceptance can be especially beneficial when you are in an environment, like deployment, where you may have very little control. Getting through a deployment sometimes depends on your ability to "embrace the suck". You cannot waste time worrying about things you cannot change. For example, consider some sleeping arrangements on deployment.

• What's more, for the sake of maintaining mission focus during deployment, you may also have chosen to suppress difficult emotions. While this may have benefitted you on a deployment mission to stay focused on the task at hand, it can interfere with a "successful" reintegration. We will explore this further in just a moment.

Record your own notes here:

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**3.** Explain the need to adjust one's way of practicing acceptance from the deployment to reintegration.

- Recognizing there are things that are outside of your control, especially on deployment, is a strategy that promotes resilience. However, you need to be careful not to let "embrace the suck" become a life motto once returning home. It could lead to complacency. Instead of taking action to improve your situation, you take a passive role and allow it to continue.

- This passive acceptance could lead you to think that all negative events are unchangeable and that you have little or no control over anything when in fact there are many areas of your life back home that you can impact in small and large ways.

- For example, perhaps you struggled to get quality sleep on deployment due to the environment and other stressors outside your control. There may have been little you could do to change it so you accepted it. Now that you are home though, there are positive ways you can influence your sleep quality such as creating optimal sleep conditions, learning what helps and hinders sleep, and making a plan to implement effective sleep strategies. If your sleep issues are more complex, you have control of whether you seek out professional resources to help.

**4.** Discuss the value of exercising the skill of acceptance during the reintegration process.

- *[ASK]* What makes exercising the skill of acceptance during the reintegration process so important for yourself, your buddies, and those you lead?

*[**NOTE**: Allow for discussion. Examples may include*

- *Accepting what you cannot change frees up limited emotional resources to focus on what can be changed;*

- *You will have more energy for the things that are important to you;*

- *Accepting your Thoughts and Emotions can keep you from beating yourself up with self-judgment and self-criticism, and prevent undeserved feelings of shame.*

**5.** Transition.

- Let's take a look at how acceptance can be effective in supporting a your resilience during reintegration.

36-B

## Acceptance: ATC Example

**A**ctivating Event:
You feel highly anxious when you arrive at the mall and quickly want to go home

**T**hought:
Something is wrong with me for feeling and reacting this way

**C**onsequences:
**Emotions:** Shame
**Reactions:** Sunken body posture, sweating; try to stop self from feeling this way; shut out others

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◎ **Use the ATC Model to illustrate how Thoughts can lead to counterproductive Consequences.**

*[SLIDE BUILDS]*

1. Describe the Activating Event.

- For this illustration, we will build off the previous scenario of the Soldier going to the mall with friends/Family, believing there to be imminent danger, and experiencing elevated anxiety and the desire to escape or go home.

- Experiencing a strong Emotion such as anxiety can be overwhelming and upsetting all in itself. In fact, it can fuel another AE.

- So, here in this example, the AE is: "The Soldier feels highly anxious when they arrive at the mall and want to escape the situation."

2. Discuss potential heat-of-the-moment Thoughts.

- *[ASK]* What are some heat-of-the-moment Thoughts a Soldier might have in response to this Activating Event?

*[NOTE: Discuss possible Thoughts before revealing the example provided. Guide the discussion until Thoughts are suggested that are close to the examples.]*

*[CLICK TO ADVANCE]*

- A Soldier might think, "There is something wrong with me for feeling and reacting this way."

▶

37-A

| | |
|---|---|
| **3.** **Discuss the possible Consequences and the impact of these Consequences.** | Record your own notes here: |

- *[ASK]* What Consequences might be driven by such Thoughts?

*[NOTE: Allow for discussion. Discuss possible Emotions and Reactions before revealing the example provided.]*

*[CLICK TO ADVANCE]*

- The Thought, "Something is wrong with me", might drive the Emotion of shame and Reactions like sunken body posture, sweating, efforts to suppress or stop feeling this way, and shutting out the people around you.

- *[ASK]* How might these Consequences, and more of their kind, impact a Soldier's progress toward a "successful" reintegration?

*[NOTE: Allow brief discussion. Encourage Soldiers to consider various domains, such as the impact professionally, socially, interpersonally, and personally.]*

- Judging ourselves for our Thoughts, Emotions, or Reactions does very little to help us. In this situation, it led the Soldier to shut down and pull away from their support system, thus interfering with connection. It also interferes with the Soldier's ability to work through the issue and to process their emotions effectively.

**4.** **Transition.**

- Thankfully, this way of thinking and reacting is not the only option for a Soldier or for you. There are alternative ways to respond to this experience. For example, practicing acceptance in this situation can lead to more optimal Consequences in the moment and that will better support a "successful" reintegration.

- Let's look at this situation once again.

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## Acceptance: ATC Example

**A**ctivating Event:
You feel highly anxious when you arrive at the mall and quickly want to go home.

*Alternative **T**hought:*
Lots of people go through this. Adapting my situational awareness skills will take time.

**C**onsequences:
**Emotions:** A little anxious
**Reactions:** Accept that it is okay to feel that way, stay present with others

**Illustrate how alternative Thoughts can produce Consequences that can positively impact a Soldier's reintegration.**

*[SLIDE BUILDS]*

1. Discuss some alternative, more productive Thoughts that are aligned with acceptance rather than self-judgment.

- The Soldier is feeling highly anxious and wants to escape, which they initially perceive as a sign of weakness or something being wrong with them.

- The Soldier's initial Thoughts, or interpretation, caused a sense of shame. They may even be noticing their Reaction of wanting to suppress the emotion and that they are beginning to shut others out.

- But, rather than get stuck in these Consequences or let them snowball, the Soldier gains perspective by engaging the strategy of Shift Your Thinking.

- *[ASK]* What would be a more acceptance-based Thought or interpretation of the feelings and reactions the Soldier experienced?

*[**NOTE**: Allow for responses.]*

*[CLICK TO ADVANCE]*

- More productive Thoughts that reflect acceptance rather than self-judgment might include, "Lots of Soldiers feel this way after a deployment," and "Adapting my situational awareness skills will take time."

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| | |
|---|---|
| **2.** | **Describe the <u>C</u>onsequences driven by the alternative <u>T</u>houghts and discuss the impact of these <u>C</u>onsequences.** |

*[CLICK TO ADVANCE]*

- Again, these <u>T</u>houghts may not completely get rid of the anxiety, but should help lower it to a more manageable intensity level. The Reactions might include greater acceptance of oneself and greater acceptance of the situation that, in turn, will help the Soldier to stay engaged socially.

- *[ASK]* How might these <u>C</u>onsequences, and more of their kind, impact a Soldier's progress toward a "successful" reintegration?

*[**NOTE**: Allow brief discussion. Encourage Soldiers to consider various domains, such as the impact professionally, socially, interpersonally, and personally.]*

| | |
|---|---|
| **3.** | **Acknowledge that the skill of acceptance such as choosing to accept certain situations, <u>T</u>houghts, and Emotions will take time and effort.** |

- Just like learning and performing any skill, acceptance can be challenging in the beginning. Accepting your <u>T</u>houghts, Emotions, and Reactions instead of judging yourself for them takes practice.

- As illustrated in this example, it can be helpful to remind yourself that adjusting from deployment to the home environment can take time.

| | |
|---|---|
| **4.** | **Transition.** |

- Let's review a metaphor that can further illustrate that acceptance of your <u>T</u>houghts, Emotions, or initial Reactions is a more effective strategy than trying to avoid or suppress them.

Record your own notes here:

38-B

# Acceptance vs. Avoidance



What are some lessons a Soldier might take away from this metaphor that apply to choosing acceptance over avoidance?

It is better to deal with difficult **T**houghts, memories, images, emotions, and life experiences now while they are in your awareness.

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**Use a metaphor to illustrate that the acceptance of difficult experiences is a more effective alternative than avoidance.**

***[SLIDE BUILDS]***

1.   Share the beach ball metaphor.

- Imagine that you are standing in the ocean with a beach ball. In normal conditions, the beach ball would be considered a fun, likeable object, but in this scenario the beach ball represents something much less favorable.

- Here, the beach ball represents things that trigger pain, anxiety, or discomfort of another kind such as difficult **T**houghts, memories, images, emotions, or life experiences. It represents things that you may be tempted to push away, suppress, or avoid.

- Imagine that with one arm you push the beach ball – the difficult or uncomfortable experience – underwater. For as long as you put your energy and focus on restraining the beach ball, everything on the surface seems fine, maybe even good. But, as long as you are actively suppressing the beach ball, you – yourself – are limited in your ability to move around freely, engage fully in the moment, and take in the fullness the experience has to offer. You're stuck in one place.

- What's more, you cannot hold the beach ball underwater forever. Think of what happens when you lose your grip. The beach ball not only reappears, but it also erupts forcefully out of the water before settling back on the surface.

- If you try to suppress the beach ball again, you just repeat the cycle and find yourself stuck in the same place again and distracted from all that is happening around you. This can be exhausting.

- An alternative approach is to allow the beach ball to float on the surface. You can accept its inevitable presence in the water with you. When you untether yourself from the ball, it no longer controls your movement. By releasing your grip on the ball and letting go of your efforts to control it or manipulate it, not only is the ball free to float away but it also frees up your valuable energy to put toward other things.

2. Explain the value of accepting one's Thoughts, Emotions, and Reactions rather than judging oneself for experiencing them or than trying to suppress or avoid them.

### [CLICK TO ADVANCE]

- *[ASK]* What are some lessons a Soldier might take away from this metaphor that apply to choosing acceptance over avoidance?

[*NOTE*: Allow for discussion.]

- It is natural to want to do something to relieve the discomfort, like making efforts to suppress or hide difficult emotions, or avoid having them altogether.

- When you take measures to avoid a difficult memory or an unpleasant feeling like anxiety, sadness, or guilt, it may give some relief in the short-term, but it can also interfere with your ability to move forward. Efforts to suppress or avoid difficult experiences can cause greater waves in the future if not properly dealt with in the present.

- When you become engrossed with your inward experience like your Thoughts or Emotions, it pulls you out of the present moment. What's more, avoidance doesn't make the uncomfortable feelings or sensations, or difficult Thoughts, memories, and images simply go away. Eventually, they will resurface.

3. Transition.

### [CLICK TO ADVANCE]

- It is better to deal with difficult Thoughts, memories, images, and emotions now while they are in your awareness. Next, we will discuss some practical strategies to help you do this.

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## Acceptance in Action

What are some effective ways to deal with difficult **T**houghts, memories, images, and emotions?

What are ways to support the act of acceptance?

- – Expect the transition to take time
- – Use "One-Time, One-Thing"
- – Identify what you can control and focus effort there

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◎ **Discuss strategies to support the skill of acceptance.**

**[SLIDE BUILDS]**

1. Discuss ways to accept and process difficult **T**houghts, memories, images, and emotions.

- • **[ASK]** What are some effective ways to deal with difficult **T**houghts, memories, images, and emotions?

[**NOTE**: Allow for discussion. Cover examples not discussed in the group

- - *Lean into your Circle of Support; talk it out loud with another person such as a battle buddy, leader, or mentor. Share an edited version, if necessary;*

- - *Write it out; keep a journal or simply write your thoughts out on a pad of paper. This helps you to look at your Thoughts, Emotions, and memories with an objective eye and unhook yourself from feeling their effects so powerfully;*

- - *Notice your Thoughts and Emotions. Name them, such as "I am having the Thought that…" or "I am having the Emotion of….". This helps to untether you to the Thought and Emotion so that you can accept them for what they are and make a conscious choice as to what action to take next.*

▶

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| | | |

**2.** <mark>Discuss strategies to support the overall skill of acceptance.</mark>

- *[ASK]* What are some strategies you can use to support the overall skill of acceptance?

[*NOTE: Allow for responses.*]

*[CLICK TO ADVANCE]*

[*NOTE: Offer suggestions below that were not discussed in the group*

- *Manage expectations: Transitions take time and perseverance. Expect that things and people will have changed and that things will likely be different. Different is not necessarily bad; it can be good or it can simply just be different.*

- *Use the "One-Thing, One-Time" strategy of providing yourself quick feedback. Keep criticism limited to thinking about one event that happened one time. For example, as opposed to thinking: "I'm a screw-up; it happens all the time," you can control your perspective by thinking: "I did this 'one thing' wrong this 'one time'."*

- *Identify what you can control or what you can impact or change. You may find that there are more things within your control than you had given yourself credit for. Take productive action toward the "Controllables" and choose to accept the "Uncontrollabes".]*

**3.** <mark>Encourage Soldiers to seek support if/when it can help them make progress in their reintegration.</mark>

- Over time, difficult memories and strong emotions should weaken and have less impact on you; however, if they don't or if you want to ensure you are progressing forward, then seeking outside support is strongly advised.

- Also, if you are consistently feeling high amounts of anxiety in social situations or you could use some support in learning to accept your experiences versus judge yourself for having unwanted Thoughts and Emotions, then it may also be helpful to reach out for support. We will review some good options for this later in the module.

- Let's move onto the skill of self-regulation.

[*NOTE: This is a natural transition to the next slide.*]

Post-Deployment Resilience Training for Soldiers (3-6 Months)

# Self-Regulation

The ability to regulate impulses, thoughts, emotions, physiology, and behaviors to achieve desired changes or outcomes




Self-regulation was critical while on deployment and is just as essential during reintegration

**Review the skill of self-regulation and state its importance during deployment and also in reintegration.**

1. Describe self-regulation and connect it to the act of adjusting deployed behaviors to suit reintegration.

- Self-regulation is the ability to regulate impulses, thoughts, emotions, physiology, and behaviors to achieve desired changes or outcomes.

- Throughout the module, we have discussed the importance of adjusting deployed behaviors or habits in order for your actions to be most appropriate and effective in the home environment. The act of adjusting and adapting is self-regulation.

2. State the value that the skill of self-regulation brought during deployment can benefit Soldiers during reintegration too.

- Self-regulation was critical while on deployment in order to maintain focus on the task or mission at hand, to remain in control of your emotions and behaviors, to respond to adversity with a level-head, and to make calculated decisions rather than act on impulse.

- These are all important elements during post-deployment too, and can positively impact your reintegration.

## 3.    Transition.

- Let's take a look at an example of when self-regulation can be useful during reintegration.

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## Self-Regulation: Example

A guy at the burger place takes five minutes to special order his meal while you're waiting behind him in line

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**Introduce another common Activating Event using a scenario. Make the example real to the Soldiers.**

1. Describe the Activating Event.

   • Here's the scenario: A guy at the burger place takes five minutes to special order his meal while you're waiting in line.

2. Ask if any Soldiers have been more annoyed by this kind of scenario since they returned from deployment than they would have been in the past and whether others have noticed this of them.

   • *[ASK]* Have any of you noticed being more annoyed by this kind of thing since returning from deployment than you would have been before you deployed?

   [*NOTE*: Allow for show of hands.]

   • *[ASK]* How many of you have had someone from your Circle of Support recognize this trigger in you? Do your loved ones recognize these kinds of triggers and try to prevent you from overreacting?

   [*NOTE*: Allow for discussion.]

   • If you can't relate to this exact example or things like this never get to you, imagine it happened to your battle buddy or those you lead so that you can help them.

   [*NOTE*: This is a natural transition to the next slide.]

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Post-Deployment Resilience Training
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## Self-Regulation: ATC Example

**A**ctivating Event:
A guy at the burger place takes five minutes to special order his meal while you're waiting behind him in line

**T**hought:
He's wasting my time. I have no tolerance for this crap.

**C**onsequences:
**Emotions:** Extreme frustration
**Reactions:** Heart racing, balled fists

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◎ **Use the ATC Model to illustrate how Thoughts can lead to counterproductive Consequences.**

---

1. Describe the <u>A</u>ctivating Event.

- When we put this scenario into the ATC Model, the <u>A</u>E is: "A guy at the burger place takes five minutes to special order his meal while you're waiting behind him in line."

2. Discuss potential heat-of-the-moment <u>T</u>houghts.

- *[ASK]* What are some heat-of-the-moment <u>T</u>houghts a Soldier might have in response to this <u>A</u>ctivating Event?

*[**NOTE**: Discuss possible <u>T</u>houghts before revealing the example provided. Guide the discussion until <u>T</u>houghts are suggested that are close to the examples.]*

*[**CLICK TO ADVANCE**]*

- Your <u>T</u>houghts might be, "This guy is wasting my time. I have no tolerance for this kind of crap."

▶

Post-Deployment Resilience Training for Soldiers (3-6 Months)

| 3. | Describe the Consequences driven by the alternative Thoughts and discuss the impact of these Consequences. |
|---|---|

- *[ASK]*  What are the possible Consequences driven by these Thoughts?

*[NOTE: Discuss possible Emotions and Reactions before revealing the example provided.]*

*[CLICK TO ADVANCE]*

- These Thoughts will likely lead to the Emotions of frustration and anger and Reactions like a racing heart and balled fists.

- *[ASK]* How might these Consequences, and more of their kind, impact a Soldier's progress toward a "successful" reintegration?

*[NOTE: Allow brief discussion. Encourage Soldiers to consider various domains such as the impact professionally, socially, interpersonally, and personally. Examples might include*

  - *There is a physical cost to reacting so intensely for a long period of time such as impaired physical health;*

  - *The anger experienced in the moment can impact the way you interact with others to include your Circle of Support and have an effect on relationships.]*

| 4. | Transition. |
|---|---|

- With more awareness of how these Thoughts and Consequences are impacting progress toward a "successful" reintegration, it might be worth Shifting Your Thinking and considering an alternative Thought about the AE.

# Self-Regulation: ATC Example

**A**ctivating Event:
A guy at the burger place takes five minutes to special order his meal while you're waiting behind him in line.

*Alternative* **T**hought:
He may be an idiot, or *he may not be*, but I don't have to get angry. I'm not going to let this five minutes ruin my whole day.

**C**onsequences:
**Emotions:** Slightly irritated
**Reactions:** Lowered physical activation, focus on your order

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**Illustrate how alternative Thoughts can produce Consequences that can positively impact a Soldier's reintegration.**

*[SLIDE BUILDS]*

1. Discuss alternative, more productive Thoughts that would be more aligned with a Soldier's goals and reintegration efforts.

- Here we have the exact same AE: "A guy at the burger place takes five minutes to special order his meal while you're waiting behind him in line."

- *[ASK]* What would be some alternative, more productive Thoughts?

*[**NOTE**: Discuss possible Thoughts before revealing the examples provided. Guide the discussion until Thoughts are suggested that are close to the examples.]*

*[CLICK TO ADVANCE]*

- Maybe he has a food allergy. Or, maybe he *is* a selfish idiot who doesn't consider anybody else. Either way, getting angry doesn't help you. A more productive Thought might be, "I'm not going to let this five minutes ruin my whole day."

- This train of Thought reflects the acceptance that other people are a potential source of frustration, but there is no point in letting it ruin your day. You might acknowledge that you can't control other people, but what you can do is take ownership of how you respond.

44-A

| | |
|---|---|
| **2.** | **Describe the** <u>C</u>**onsequences driven by the alternative** <u>T</u>**houghts and discuss the impact of these** <u>C</u>**onsequences.** |

***[CLICK TO ADVANCE]***

- These alternative <u>T</u>houghts will produce Emotions of being less angry and maybe just slightly irritated. The Reactions might include being less physically activated and focusing your attention on deciding what you will order when its your turn.

- ***[ASK]*** How might these <u>C</u>onsequences, and more of their kind, impact a Soldier's progress toward a "successful" reintegration?

*[**NOTE**: Allow brief discussion. Encourage Soldiers to consider various domains, such as the impact professionally, socially, interpersonally, and personally.]*

| | |
|---|---|
| **3.** | **Connect the skill of self-regulation to making necessary adjustments during the reintegration process.** |

- Remember at the beginning of this module we discussed that you may react to things differently or more intensely as a result of changes within your mindset following the recent deployment.

- If the changes are interfering with your pursuit of, and progress toward, a "successful" reintegration, then you might consider how making slight adjustments in your thinking or interpretation of events might benefit you.

- The skill of self-regulation is key to successful adjustment.

*[**NOTE**: This is a natural transition to the next slide.]*

44-B

# Self-Regulation Strategies

How have you used the skill of self-regulation to help you through the reintegration process thus far?

What are some strategies that support self-regulation?

There is a subtle difference between self-regulation and self-control; it is not realistic to control every **T**hought, Emotion, or Reaction

Sometimes self-regulation will be the most effective strategy; other times acceptance may be the more suitable strategy

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**Discuss strategies to support the skill of self-regulation.**

1. Allow Soldiers to share successes in how engaging in self-regulation has helped them through the reintegration process thus far.

   - *[ASK]* How have you used the skill of self-regulation to help you through the reintegration process thus far?

   *[NOTE: Allow for responses.]*

2. Discuss strategies to support the skill of self-regulation.

   - *[ASK]* What are some strategies you can use to support the skill of self-regulation?

   *[NOTE: Allow for responses. Offer suggestions below that were not discussed in the group*

      - *Manage Expectations: as you gain new information and insight, be willing to re-set your expectations so they continue to be realistic;*

      - *Control the Controllables: deliberately placing your focus on things within your control;*

      - *Shift Your Thinking: regulate your Thoughts, which helps to regulate your Emotions and Reactions;*

      - *Pursue a Goal: having a goal and clear actions to take to achieve the goal helps direct and regulate your behavior.]*

3. <mark>Explain that there is a subtle difference between self-regulation and self-control; it is not realistic to control every Thought, Emotion, or Reaction.</mark>

- One final note about self-regulation. Often, we associate self-regulation with self-control. The act of self-control, however, is to stop, inhibit, or resist certain experiences from happening. This is not always realistic, especially in regard to having complete control over your Thoughts and Emotions.

- The reality is that everyone has counterproductive Thoughts and experiences unpleasant, difficult, or "negative" Emotions. The stress that Soldiers must endure from deployment and military life in general can possibly amplify them.

- Self-regulation involves being aware of the Thoughts and Emotions you *are* naturally experiencing, and then making a decision to regulate or modify them if it is beneficial to you and to the circumstances.

- Furthermore, self-regulating your Thoughts, Emotions, and Reactions will be an effective strategy in some contexts while there will be other times or circumstances that acceptance of your Thoughts, Emotions, or Reactions will be more suitable. Find what works best for you given the situation at hand.

4. <mark>Transition.</mark>

- We have now completed Part 1 of today's training. We discussed strategies and skills to help you take ownership of your reintegration.

- You are neither expected nor encouraged to take on the challenges of reintegration all on your own. Engaging the support available to you is a resilient strategy too. So, let's move on to Part 2: Support Through the Process.

## Part 2: Support Through the Process

| Part 1: Ownership of the Process | → | Part 2: Support through the Process | → | Part 3: Growth through the Process | → | Part 4: Culminating Exercise |

**Part 2: Recommended time is 25 minutes**

**Introduce Part 2: Support through the Process.**

1. Briefly review what will be covered in Part 2.

- In Part 2, Support through the Process, we will focus on the reality that reintegration is not a solitary process and it involves others around you.

- This section will begin by examining the value of having connection with others. We will also discuss the importance of making efforts to reconnect with your Circle of Support and build strong connections.

- Next, we will discuss the influence you have on others who are also going through the reintegration process. For instance, I will help you identify signs of transition problems in your battle buddies and those you lead.

- Lastly, we will review professional resources that can support you, your unit members, and your Circle of Support as you continue in the reintegration process.

*[**NOTE**: This is a natural transition to the next slide.]*

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Post-Deployment Resilience Training
for Soldiers (3-6 Months)

# Connections Fuel Resilience



The skill of **connection** is the ability to foster, engage in, and sustain positive and meaningful relationships

How does having connection with others fuel resilience?

How have the strong connections you've built with battle buddies, leaders, or other Soldiers helped you through the reintegration process thus far?

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**Discuss the value of strong connections and encourage Soldiers to consider their efforts in reconnecting with Circle of Support members who were not on deployment with them.**

1. Describe the skill of connection and briefly discuss the value of connection.

- The skill of connection is the ability to foster, engage in, and sustain positive and meaningful relationships.

- *[ASK]* How does having connection with others fuel resilience?

[*NOTE*: *Allow for responses.*]

- Connection with others fuels resilience. When you have meaningful connections with others, you tend to engage in more resilient behaviors. Furthermore, having strong connections with others offers you the support and resources you need to navigate challenges and cope with adversities that naturally arise.

2. Discuss how the strong connections formed with battle buddies has helped Soldiers navigate the reintegration process thus far.

- Just as it helps to have a support team on a deployment mission, it benefits you to have a team of support during the post-deployment mission of reintegration.

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- **[ASK]** How have the strong connections you've built with battle buddies, leaders, or other Soldiers helped you through the reintegration process thus far?

*[**NOTE:** Allow for discussion.]*

- When navigating the challenges of reintegration, it can be comforting to talk to someone who "gets it" and who understands what you are going through.

3. <mark>Explain the importance of Soldiers reconnecting with members of their Circle of Support that were not on deployment with them.</mark>

- Reestablishing connection with members of your Circle of Support, specifically those who were not on deployment with you, is an invaluable part of reintegration.

- Recall that your Circle of Support includes anyone that you consider to be a priority within your support system such as friends, mentors, parents, siblings, a Spouse, a significant other, children, and other Family members.

- If you only spend time with your battle buddies, it is possible that other members of your Circle of Support may assume that you don't care about them or that you are not interested in reconnecting with them. Your Circle of Support members were there for you during the deployment and they want to be there for you during reintegration.

- What's more, it is quality time taken away from reconnecting with your Circle of Support who was back home.

- Perhaps some of you have already experienced this challenge.

4. <mark>Transition.</mark>

- Let's take a closer look at it through the ATC Model. In doing so, you can gain more insight into how your response to the situation matters in the moment and in your efforts to have a "successful" reintegration overall.

Record your own notes here:

Post-Deployment Resilience Training for Soldiers (3-6 Months)

## Reconnecting: ATC Example

**A**ctivating Event:
A member of your Circle of Support (e.g., friend, Family member) tells you that you spend too much time with your Army buddies and not enough time with them

**T**hought:
I'm so sick of them always nagging me

**C**onsequences:
**Emotions:** Irritated
**Reactions:** Increased heart rate, muscle tension; reply aggressively

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**Using the ATC Model, demonstrate how Thoughts can lead to unhelpful Consequences.**

*[SLIDE BUILDS]*

1. Describe the Activating Event used in the ATC Model.

   • When we put this scenario into the ATC Model, the Activating Event is: "A member of your Circle of Support (e.g., friend, Family member) tells you that you spend too much time with your Army buddies and not enough time with them."

2. Discuss what Thoughts are likely to occur in response to this Activating Event.

   • *[ASK]* What heat-of-the-moment Thought might a Soldier have in response to this Activating Event?

   *[NOTE: Discuss possible Thoughts before revealing the example provided. Guide the discussion until Thoughts are suggested that are close to the examples.]*

   *[CLICK TO ADVANCE]*

   • There are likely many Thoughts streaming in the Soldier's mind. Some might be, "They are so controlling. They need to let me live my life. They'll never understand what I've been through so why bother trying."

   • Let's say the dominant Thought this Soldier has is, "I'm so sick of them always nagging me."

**3.** Discuss the possible Consequences.

- **[ASK]** What Consequences might be driven by this Thought?

[**NOTE**: *Discuss possible Emotions and Reactions before revealing the examples provided. Guide the discussion until the Consequences suggested are close to the examples.]*

**[CLICK TO ADVANCE]**

- This Thought will probably lead the Soldier to feel irritated or other similar Emotions like anger, frustration, or annoyance. The Reactions may include increased heart rate and muscle tension along with replying in an aggressive manner.

- However, the Emotions of anger, frustration, and irritation for some people may be accompanied by reactions of shutting down and becoming withdrawn.

**4.** Discuss how these Consequences might affect the Soldier and Circle of Support member's connection in the moment and also impact the Soldier's progress toward a "successful" reintegration.

- **[ASK]** How might these Consequences affect the connection between the Soldier and the Circle of Support member in that moment?

[**NOTE**: *Allow brief discussion.]*

- **[ASK]** How might these Consequences, and more of their kind, impact a Soldier's progress toward a "successful" reintegration?

[**NOTE**: *Allow brief discussion. Encourage Soldiers to consider various domains such as the impact professionally, socially, interpersonally, and personally.]*

**5.** Transition.

- Let's consider an alternative perspective on this AE that can support your pursuit of a "successful" reintegration.

## Reconnecting: ATC Example

**A**ctivating Event:
A member of your Circle of Support (e.g., friend, Family member) tells you that you spend too much time with your Army buddies and not enough time with them

*Alternative* **T**hought:
They missed me and want to spend time with me

**C**onsequences:
**Emotions:** Cared for and valued
**Reactions:** Consider the feedback, engage in a conversation about making a change with an open mind

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**Illustrate how alternative Thoughts can produce Consequences that can positively impact a Soldier's reintegration.**

*[SLIDE BUILDS]*

1. Discuss alternative Thoughts to the same Activating Event and how even slight adjustments can produce different and likely more favorable Consequences.

- Here we have the exact same AE.

- *[ASK]* What would be some alternative Thoughts that might lead to better outcomes?

[**NOTE**: *Discuss possible alternative (more productive) Thoughts.]*

*[CLICK TO ADVANCE]*

- There is a wide range of alternative Thoughts. Even a slightly adjusted Thought such as, "They keep saying this same thing over and over" can produce different and likely more favorable Consequences.

- But, let's consider taking on a different perspective.

- If a member of your Circle of Support is telling you something along the lines that you're spending too much time with your Army buddies and not enough time with them, it might be reflective of the fact that they care about you, that they missed you, and that they want to spend time with you.

- Based on this perspective, an alternative Thought could be, "They missed me and want to spend time with me."

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**2.    Discuss the possible Consequences.**

- **[ASK]** What kind of Consequences might a Soldier experience if they choose to re-interpret the AE with this Thought?

[**NOTE**: Allow for responses.]

[**CLICK TO ADVANCE**]

- Thoughts like this would more likely drive Emotions of feeling loved and cared for. It may even lead a Soldier to feel appreciation for having people in their life that care about them.

- Reactions might be to consider the message as constructive feedback instead of a nagging complaint. This alternative Thought may also lead the Soldier to engage in a conversation about the issue with an open mind.

**3.    Discuss how the Consequences would be helpful in this situation and positively impact the Soldier's reintegration goals overall.**

- **[ASK]** How might these Consequences, and more of their kind, impact a Soldier's progress toward a "successful" reintegration?

[**NOTE**: Allow brief discussion. Encourage Soldiers to consider various domains such as the impact professionally, socially, interpersonally, and personally.]

- This alternative perspective that generated more productive Thoughts would likely lead the Soldier to spend more quality time with that individual and put forth more genuine effort to reconnect and strengthen the relationship.

- Keep in mind that connection, including reconnection, takes not only effort but also time. The amount of time it takes can be different for each relationship and each person involved. It is important to be patient in the process and continue to put forth effort to connect / reconnect.

[**NOTE**: This is a natural transition to the next slide.]

49-B

## Connection

What are some things that may be interfering with your or another Soldier's ability to reconnect with members of their Circle of Support?

What actions have you already taken that have helped to promote connection with others and reconnect with your Circle of Support members?

Strategies to enhance connection
– Deliberate in how you communicate
– Reach out to others (initiate contact)
– Respond to others' efforts
– Show empathy toward others
– Ask for and accept help from others
– Offer support to others
– Attend social events and/or volunteer events

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**Discuss possible obstacles that might interfere with the reconnection process and discuss strategies to support connection.**

*[SLIDE BUILDS]*

1. Discuss possible obstacles that might interfere with the reconnection process.

- *[ASK]* What are some things that may be interfering with your or another Soldier's ability to reconnect with members of their Circle of Support?

[**NOTE**: Allow for responses.]

2. Allow Soldiers to share the actions they have already taken to help promote connection with others and reconnect with members of their Circle of Support.

- Along with identifying any obstacles that might be interfering with your ability to reconnect or build connections, it is also helpful to identify what, if any, actions you are already taking to promote connection.

- *[ASK]* What actions have you already taken that have helped to promote connection with others and reconnect with your Circle of Support members?

[**NOTE**: Allow for responses.]

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<table>
<tr><td style="background-color:yellow">3.</td><td style="background-color:yellow">Discuss strategies that can promote strengthening connections with others.</td></tr>
</table>

*[CLICK TO ADVANCE]*

- Some suggestions for strengthening connection include

    - Communicate deliberately such as regulating emotions, maintaining an respectful tone, sending productive messages, and actively listening;

    - Show empathy toward others;

    - Reach out and initiate contact; be responsive to others' efforts to reach out;

    - Ask for and accept help, offer support to others;

    - Be a person others want to be around (e.g., trustworthy, accepting, positive attitude, self-aware, self-regulated);

    - Spend quality time together, create positive memories, cultivate shared experiences;

    - Work through a challenge (e.g., conflict) together;

    - Celebrate successes, accomplishments, progress toward goals, and growth experienced by others;

    - Attend social events such as those hosted by MWR, BOSS, FAP, or the unit.

- If you are engaging in some of these behaviors on a consistent basis and are still feeling some disconnect, maybe it is just a matter of needing more time. Or, maybe you can benefit from trying a new approach or adding some new strategies.

- Consider how making a change in one of these areas may impact you, your relationships, and your reintegration overall.

<table>
<tr><td style="background-color:yellow">4.</td><td style="background-color:yellow">Transition.</td></tr>
</table>

- Communication is instrumental to strengthening and maintaining strong connections. Next, we will focus our discussion on communicating effectively in the reintegration process.

Record your own notes here:

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## Communication

What are some communication behaviors that you used during deployment that are helping you now also in reintegration?

| DIFFERENCES IN EFFECTIVE COMMUNICATION | |
|---|---|
| ON DEPLOYMENT | DURING REINTEGRATION |
| Assertive, directive, sometimes aggressive | Assertive, collaborative, more empathetic |
| Clear and concise (i.e. "to the point") | Clear, comprehensive understanding; patient |
| Share information on a "need-to-know basis" | Share more details, involve others in the process |
| Share experiences: Something is better than nothing. | Share experiences: Something is better than nothing. |
| Other? _____ | Other? _____ |

**Discuss the differences between effective communication habits on deployment and communication efforts during reintegration.**

*[SLIDE BUILDS]*

1. Discuss communication behaviors that Soldiers found effective during deployment and now too in reintegration.

   • Some Soldiers report that communication with their Circle of Support is better because of the deployment experience.

   • *[ASK]* What are some communication behaviors that you used during deployment that are helping you now also in reintegration?

   *[NOTE: Allow for responses.]*

2. Highlight differences between effective communication on deployment and effective communication during reintegration.

   *[CLICK TO ADVANCE]*

   • While deployed, you may have developed communication habits that served you well on deployment but are counterproductive to reintegration, specifically to your goal of reconnecting with others back home.

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- Take a look at the chart on the slide. On the left are some communication habits on deployment that can be effective in that environment. On the right are some communication habits that are effective during reintegration.

*[**NOTE**: Pause to allow Soldiers to review slide. If large room/difficult to see, then read the points aloud.]*

3. Ask Soldiers if there are any other differences to consider and whether there is an area or two that the Soldier would benefit from making slight adjustments.

- *[**ASK**]* Since you've been back home, have you noticed any other differences between effective communication habits on deployment and what is most effective during reintegration?

*[**NOTE**: Allow for responses.]*

- Using the chart as a guide, consider the communication between you and members of your Circle of Support.

- *[**ASK**]* Is there an area or two that could use adjusting?

*[**NOTE**: Pose rhetorically, but allow for responses if Soldiers offer them.]*

- All of the suggestions on the right-hand side are within your control. You cannot control another person or how effectively they communicate, but you can take ownership of how you communicate and how you respond.

- If communication is an area you want or need to improve, there are many resources to help you that we will cover in a few moments.

4. Transition.

- We've just spent time focusing on how connection helps you be resilient, and on the importance of reconnecting with your Circle of Support. Now, let's talk about the role that you play as a member of other people's Circle of Support.

### ⭐ You are in Someone's Circle of Support

Ways to be a strong support member to others

- – Lead by example
- – Be an advocate of reaching out for support
- – Reach out to check in on how they are doing, be available

One way to support others is to pay attention to any behaviors that cause concern or are different than their typical behaviors.

- – Routine "buddy-checks"

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🎯 **Help Soldiers acknowledge their role, responsibility, and influence as a member of other people's Circle of Support.**

1. **Explain the role Soldiers play as a member of others' Circle of Support.**

- • Just as you have a Circle of Support, you are a member of other people's Circle of Support too, such as of your fellow Soldiers that were on deployment with you as well as your Family and friends who experienced your deployment from back home.

- • Let's review some ways that you can be a strong support member to others.

    - - Lead by example: be a role model by using resilient strategies and skills

    - - Be an advocate of utilizing professional resources

    - - Encourage the person to use the support and resources available to them; support them in the process

    - - Reach out to check in on how they are doing, be available

▶

Post-Deployment Resilience Training for Soldiers (3-6 Months)

2.

- You and your battle buddies were there for each other during deployment. You had each other's backs. PCCs and PCIs were conducted before and during every mission. Despite any personal differences, you looked out for one another's safety and welfare.

- That same loyalty and duty applies to the reintegration process of the deployment cycle.

- One way to support them as a member of their Circle of Support is to observe, notice, and pay attention to whether a fellow Soldier is demonstrating concerning behavior or showing signs of transition problems.

- In other words, consistently perform "buddy-checks".

[**NOTE**: This is a natural transition to the next slide.]

Post-Deployment Resilience Training for Soldiers (3-6 Months)

# Buddy-Checks

– Dangerous driving
– Overuse of alcohol
– Revved up
– Sleep problems

– Over-controlling
– Over-reacting
– Quick to anger
– Detached or numb
– Intrusive memories
– Guilt and grief
– Relationship problems
– Weapons
– Risk-taking
– Adrenaline highs
– No future focus

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**Ask Soldiers to do a "mental buddy-check" by reviewing the list of concerning behaviors with their battle buddies in mind.**

1. Ask Soldiers to do a "mental buddy-check" by reviewing the list of concerning behaviors with their battle buddies in mind.

• We saw this list earlier when you were to conduct a self- and buddy-check about your own self to raise your self-awareness.

• Now, let's take a moment to do a "mental buddy-check". Review the list with your battle buddies in mind instead of yourself. Recall the "Tail-Light Effect". You may notice a change in your buddy's behavior that they do not and cannot see on their own.

• The change may be for the better such as growth or it may be cause for concern such as indicators of a problem.

*[**NOTE**: Pause for a few moments to allow time for Soldiers to do a mental check of their battle buddies.]*

2. Encourage Soldiers that if they notice a battle buddy acting in concerning ways or feel something is wrong, then they should trust their gut and say something.

• If you notice something that might be putting a fellow Soldier at risk, then it is your duty to act with personal courage and say something.

- Don't let the fear of being wrong stop you from saying something. It is better to say something and be wrong, than to not say something and be right. Trust your gut.

- Pointing out concerns and potential problems you observe in others may not always be immediately appreciated, but it will help them in the long term.

3. Highlight that the support the Soldier's battle buddy might need may call for assistance from a professional so it is best to know what resources are available to help them.

- The support the Soldier needs may reach beyond your capabilities so it is important that you are well aware of professional resources you can readily suggest if and when needed. Let's review some resources now.

[*NOTE*: This is a natural transition to the next slide.]

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## Resources (List is not all inclusive)

### Professional
- Military One Source
- Chain of Command
- Employer Support of the Guard and Reserve (ESGR)
- Ready & Resilient Performance Training Centers (R2PC)

### Personal
- Deployment Health Assessment Program (DHAP)
- Behavioral Health, Chaplain
- Primary Care Manager (PCM)
- Army Wellness Center (AWC)
- Army Emergency Relief (AER)
- Finance Advising / Officer
- JAG
- Army Substance Abuse Program (ASAP)

### Interpersonal
- Military Family Life Counselors (MFLC)
- Army Community Services (ACS)
- Family Assistance Program (FAP)

### Social
- Better Opportunities for Single Soldiers (BOSS)
- Family Morale Welfare Recreation (FMWR)
- United Service Organizations (USO)

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**Make Soldiers aware there are many resources available to support them.**

1. Explain that resilient Soldiers seek out and accept help.

- Sometimes the support or help you need in order to work through an issue, overcome a challenge, or achieve a meaningful goal is beyond the scope of your Circle of Support and can be found from professional resources.

- Seeking support from others and utilizing resources available is a marker of a resilient Soldier. All of us at one time or another can use a push in the right direction like some guidance and support from a professional with expertise in the specific area that is presenting a challenge to us.

2. Connect common reintegration challenges with relevant resources through an interactive exercise.

- Let's recall some common reintegration challenges and highlight relevant resources that a Soldier might find helpful.

[*NOTE: After you present a common challenge, allow the Soldiers to offer ideas of which resources might be most helpful. There are no right or wrong answers. When resources are suggested, consider also providing a brief description of the resource's capabilities.*]

- *[ASK]* If a Soldier is facing financial difficulties, what would be a good resource?

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- **[ASK]** …if a Soldier is experiencing high anxiety, heavy guilt, grief, or intrusive memories?

- **[ASK]** …if a Soldier is still experiencing sleep issues?

- **[ASK]** …if a Soldier is facing employment issues in their civilian job (i.e. National Guard, Reservist)?

- **[ASK]** …if a Soldier who is single is experiencing loneliness or feeling disconnected?

- **[ASK]** …if a Soldier is having difficulty reconnecting with their significant other or bonding with their kids?

- **[ASK]** …if a Soldier is easily triggered or constantly feeling angry or pissed off?

- **[ASK]** …if a Soldier wants to improve their communication skills?

3. Ask Soldiers for additional resources that might be useful during reintegration and encourage Soldiers to utilize the resources available to them.

- **[ASK]** Are there any resources that you are aware of that might be helpful during reintegration that are not presented here on the slide?

[**NOTE**: Allow for responses.]

- This list is neither designed to be all-inclusive nor prescriptive, but hopefully it shows the range of resources available. Also, the resources are not limited to the category in that they are placed on the slide. Many resources are multi-faceted and can benefit you in multiple domains.

- If you try one resource and do not find it helpful, try a different one. You may have to try more than one to find a good fit for you.

4. Encourage Soldiers to identify resources that can help support their goal pursuits.

- Professional resources like those we've just discussed are certainly beneficial if you are facing adversity, experiencing stress, or needing help overcoming a challenge. Yet these very same resources can also be helpful in supporting your goals, your growth, and your personal and professional development.

- **[ASK]** How have you used one of the resources to help enhance your situation or abilities?

[**NOTE**: Allow for responses.]

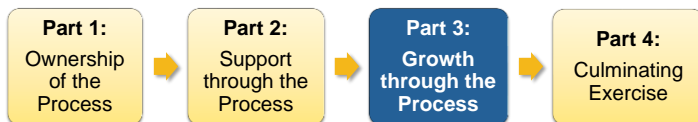- On that note, let's move into Part 3 of today's training that focuses on growth.

[**NOTE**: This is a natural transition to the next slide.]

Record your own notes here:

54-B

Post-Deployment Resilience Training for Soldiers (3-6 Months)

# Part 3: Growth through the Process

| Part 1: Ownership of the Process | Part 2: Support through the Process | **Part 3: Growth through the Process** | Part 4: Culminating Exercise |

---

🕐 **Part 3: Recommended time is 15 minutes**

◎ **Introduce Part 3: Growth through the Process.**

**1.** **Explain that resilient Soldiers learn and recover from setbacks and use challenges as opportunities for growth.**

- Throughout your reintegration thus far, you may have faced small adversities or big adversities or maybe a bit of each. Either way, any adversity you face in life is an opportunity for growth.

- Resilient Soldiers learn and recover from setbacks and use challenges as growth opportunities.

- The experience you have had through the reintegration process thus far is filled with rich lessons that, once realized and then applied, can positively influence your future. Though, to learn the lessons will require you to pause and reflect.

**2.** **Briefly review what will be covered in Part 3.**

- In Part 3, <u>Growth Through the Process</u>, we will discuss ways in which you have grown from the reintegration experience so far. We will also discuss how others such as members of your Circle of Support may have grown.

*[**NOTE**: This is a natural transition to the next slide.]*

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## Growth in Self

How have you grown personally and professionally from the reintegration thus far?

"Tail-light Effect"

– What might others say of you in terms of how you have grown from the deployment?

How can you capitalize on this growth as you continue through the reintegration process?

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**Facilitate a discussion regarding the growth Soldiers have experienced throughout post-deployment.**

*[SLIDE BUILDS]*

1. Discuss how the Soldiers themselves have grown both personally and professionally through reintegration.

• Now, let's identify growth in yourselves.

• In the first post-deployment resilience module you received, you were asked to set a goal to pursue that would direct your efforts toward your vision of a "successful" reintegration. Consider how accomplishing your goal or making progress toward your goal has benefited you professionally and personally.

• *[ASK]* With these things now in mind, how have you grown, personally and professionally, during the reintegration process thus far?

[*NOTE: Encourage the Soldiers to be as specific as possible. Examples may include*

- *Continuing to appreciate what's really important;*

- *Maturing as a Spouse / significant other, parent, friend, and Soldier;*

- *Having used your skills and military training has helped strengthen your confidence;*

- *Having developed the leader ability to make decisions under pressure;*

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- *Demonstrating courage in the continuing transition;*

- *Gaining greater pride of knowing you are making a difference as you continue to serve your country.*

- *Gaining a greater appreciation for members of your Circle of Support;*

- *Learning new ways to communicate and reconnect to your family and friends.]*

2.   Review the "Tail-Light Effect" as it relates to growth.

*[CLICK TO ADVANCE]*

• We discussed the "Tail-Light Effect" earlier in terms of possibly being the last to know when your behavior has changed.

• That can apply to positive changes and growth as well. Sometimes you don't see your own growth until someone else points it out to you. It can be helpful to consider what others might say of you in terms of how you have grown from the deployment.

3.   Discuss how Soldiers can capitalize on their growth as they continue through the reintegration process.

• *[ASK]* How you can capitalize on this growth as you continue through the reintegration process?

[*NOTE: Allow for responses.]*

4.   Transition.

• As we discussed earlier, there is great value in noticing the Good Stuff such as what has gone right or well. So let's take a look at how others may have grown through the challenges of reintegration.

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## Growth in Others

What specific ways have you witnessed Soldiers in your unit grow?

What specific ways did members of your Circle of Support grow?

How can you help others such as your buddies, those you lead, or members of your Circle of Support recognize their own growth from the deployment?

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◎ **Discuss the growth that Soldiers have seen in others, such as battle buddies, those they lead, and Circle of Support members throughout reintegration.**

1. Discuss the ways Soldiers saw other Soldiers around them grow personally and professionally throughout reintegration.

*[**NOTE:** For each discussion prompt on the slide, encourage Soldiers to be as specific as possible. For example, "a better leader" might entail "making better decisions in critical moments," "process information more efficiently," or "better at connecting with my Soldiers." Ask follow-up questions when necessary.]*

- *[**ASK**]* What specific ways have you witnessed Soldiers in your unit grow personally and/or professionally throughout reintegration?

*[**NOTE**: Allow time for Soldiers to openly acknowledge the personal and professional growth they've seen in other individuals in the group.]*

2. Discuss what ways members of the Soldiers' Circle of Support grew through the reintegration process thus far.

- *[**ASK**]* What specific ways did members of your Circle of Support grow through the reintegration process thus far?

*[**NOTE**: Allow for responses. Encourage the Soldiers to be as specific as possible.]*

▶

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*[**NOTE**: Examples may include*

- *Strengthened ability to solve problems and manage daily responsibilities;*

- *Gained new skills that have allowed them to independently complete tasks that previously they were dependent on you or others for;*

- *Strengthened their sense of purpose or deepened their faith and spirituality;*

- *Learned when and how to ask for help and rely on community support;*

- *Improved ability to communicate their needs;*

- *Developed a greater sense of responsibility like taking on additional tasks.]*

3. Discuss how Soldiers can help others around them to recognize personal and professional growth from the deployment experience.

- *[**ASK**]* How can you help others such as your buddies, those you lead, or members of your Circle of Support recognize their own growth from the deployment?

*[**NOTE**: Allow for discussion. Examples might include providing positive feedback or effective praise.]*
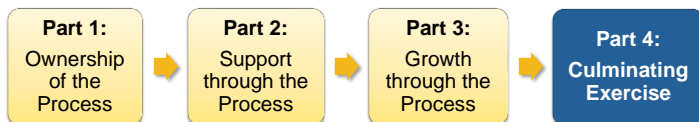
4. Transition.

- Sometimes you grow out of necessity. You might realize growth in yourselves or others that you or they didn't necessarily set out to achieve.

- But, you can be intentional with your growth and development also. This process starts with taking an honest look at yourselves and your current state. Then, you can set goals to foster growth.

- Next, we move into Part 4 of the training, which encompasses both of these aspects.

# Part 4: Culminating Exercise

| Part 1: Ownership of the Process | → | Part 2: Support through the Process | → | Part 3: Growth through the Process | → | Part 4: Culminating Exercise |

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**Part 4: Recommended time is 15 minutes**

**Introduce Part 4: Culminating Exercise.**

1. Briefly review what will be covered in Part 4; set up the "azimuth check".

- Throughout the training today, we have prompted you to consider how the reintegration process is going for you. We also covered some practical strategies to support making adjustments if or when necessary.

- Now, in this Culminating Exercise, you will be encouraged to take a good look at yourself to include what you are doing to take ownership of your reintegration process. I'm going to pose a series of questions for you to reflect on and answer for yourself silently.

- Resist making negative judgments about your answers; instead, see the information as feedback to help you make the appropriate course corrections, if necessary.

- Keep in mind the importance of counteracting the negativity bias – be sure to acknowledge what you are doing right and what is going well. Also, remember the "Tail-Light Effect". Consider what feedback others, like members of your Circle of Support, might give you in response to the questions being posed to include the positive feedback.

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| 2. | **Foreshadow the goal setting exercise that will conclude the training.** | Record your own notes here: |

- Based on the insight you gain during the "azimuth check", you will be given an opportunity to create a meaningful goal and plan of action to help you continue forward progress toward your "successful" reintegration.

- Let's conduct the "azimuth check".

*[**NOTE***: This is a natural transition to the next slide.]*

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for Soldiers (3-6 Months)

# PE: Azimuth Check

Consider the four primary domains of reintegration: professional, personal, social, and interpersonal

– Which domain(s) are going well?

– Which domain(s) could use more effort?

Have you been capitalizing on the support and resources available to you?

– If not, how might doing so help you to make progress toward your "successful" reintegration?

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◎ **Set up the "azimuth check" and pose general questions to get Soldiers considering how their reintegration has been going.**

*[SLIDE BUILDS]*

1. Pose a few general questions about how the reintegration process is going so far.

- Consider the four primary domains of reintegration: professional, personal, social, and interpersonal.

- *[ASK]* Which domain or domains of your reintegration do you think have been progressing rather well?

- *[ASK]* Which domain or domains of your reintegration do you think you might want to focus more effort?

2. Prompt the Soldiers to assess whether they have been capitalizing on the support and resources available to them.

- Remember, reintegration is not a solitary process; it involves others. You have people within your Circle of Support—Family, friends, leaders, mentors, Chaplains– and professional resources like Military Life Family Counselors, behavioral health, or programs like the Army Substance Abuse Program that are ready to support you.

*[CLICK TO ADVANCE]*

- *[ASK]* Have you been capitalizing on the support and resources available to you?

- *[ASK]* If not, how might doing so help you to make progress toward your "successful" reintegration?

## 3. Transition.

- Now, let's review some other factors that are within your direct control such as capitalizing on a sense of purpose and maximizing the use of your skills.

- As we work through the next series of questions, consider your actions over the past few weeks and months.

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## PE: Azimuth Check

Reflect on the Past Few Weeks & Months…

| Sense of Purpose | • Have you been connected to a sense of purpose?<br>• Would it benefit you to rediscover your sense of purpose or recommit to living it out? |
|---|---|
| **Self-Awareness** | • How would you rate your level of self-awareness?<br>• Would increasing your self-awareness allow you to work through challenges more effectively? |
| **Situational Awareness** | • How would you rate your level of situational awareness?<br>• Would it serve you well to counter the negativity bias and search for more positive aspects of the situation before you? |

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◎ **Prompt Soldiers to assess where they are maximizing their skills that can promote a "successful" reintegration.**

*[SLIDE BUILDS]*

*[**NOTE**: Pose the questions rhetorically (i.e., not expecting verbal responses). Take a moment's pause after each question to allow time for Soldiers to silently reflect and/or record responses on the handout/worksheet. If Soldiers volunteer an answer, then allow for responses, but do not get caught in long discussion as this is meant to be a reflective exercise not discussion.]*

1. Prompt Soldiers to assess whether they have a sense of purpose and have been living aligned to their purpose.

*[CLICK TO ADVANCE]*

- *[ASK]* Have you been connected to a sense of purpose?

- *[ASK]* Would it benefit you to rediscover your sense of purpose or recommit to living it out?

2. Prompt Soldiers to assess their level of self-awareness.

*[CLICK TO ADVANCE]*

- *[ASK]* How would you rate your level of self-awareness?

- *[ASK]* Would increasing your self-awareness allow you to work through challenges more effectively?

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| 3. | Prompt Soldiers to assess their level of situational awareness. | Record your own notes here: |

**[CLICK TO ADVANCE]**

- **[ASK]** How would you rate your level of situational awareness?

- **[ASK]** Would it serve you well to counter the negativity bias and search for more positive aspects of the situation before you?

[**NOTE**: This is a natural transition to the next slide.]

Post-Deployment Resilience Training for Soldiers (3-6 Months)

## PE: Azimuth Check

Reflect on the Past Few Weeks & Months…

| | |
|---|---|
| **Acceptance** | • How would you rate your level of acceptance over things you do not have direct control over?<br>• Might bringing a level of acceptance to your experience—internally or externally—help you to make progress toward a "successful" reintegration? |
| **Self-Regulation** | • How would you rate your level of self-regulation?<br>• Are there any self-regulation strategies we've covered during DCRT that could benefit you moving forward? |
| **Connection** | • How would you describe your effort in reconnecting with members of your Circle of Support or strengthening connections with others?<br>• Might trying a new strategy or approach help you to make progress in strengthening your connections and relationships? |

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**Prompt Soldiers to assess where they are maximizing their skills that can promote a "successful" reintegration.**

*[SLIDE BUILDS]*

*[**NOTE**: Continue the reflection from previous slide.]*

1.   Prompt Soldiers to assess their level of acceptance.

*[CLICK TO ADVANCE]*

• *[ASK]* How would you rate your level of acceptance over things you do not have direct control over?

• *[ASK]* Might bringing a level of acceptance to your experience—internally or externally—help you to make progress toward a "successful" reintegration?

2.   Prompt Soldiers to assess their level of self-regulation.

*[CLICK TO ADVANCE]*

• *[ASK]* How would you rate your level of self-regulation?

• For example, consider how you have been doing with regulating your <u>T</u>houghts to <u>A</u>Es, and regulating your physiological and behavioral <u>R</u>eactions?

• *[ASK]* Are there any self-regulation strategies we've covered during DCRT that could benefit you moving forward?

3. <mark>Prompt Soldiers to assess how reconnecting with members of their Circle of Support or strengthening connection with others is going.</mark>

- Take a moment to consider the connections you have with others.

*[CLICK TO ADVANCE]*

- *[ASK]* How would you describe your effort in reconnecting with members of your Circle of Support or strengthening connections with others?

- *[ASK]* Might trying a new strategy or approach help you to make progress in strengthening your connections and relationships?

*[NOTE: This is a natural transition to the next slide.]*

## Maintain Progress

Wherever you currently find yourself in the reintegration process, it is important that you focus on making forward progress

&ndash; Short-term goals → **WOOP**

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**Set up the Goal-Setting (WOOP) Practical Exercise by stating the benefit of setting short-term goals and reviewing the WOOP framework.**

1. State the benefit of setting short-term goals.

   - Wherever you currently find yourself at in the reintegration process, it is important that you focus on making forward progress.

   - Setting short-term goals can help to maintain your motivation when pursuing bigger, long-term goals. Also, short-term goals direct your focus and effort toward actions that are within your control and that help you make forward progress toward long-term goals.

2. Review the WOOP goal-setting framework.

   - Like in previous modules, we will use the WOOP goal-setting framework. First, you will clarify your Wish, or your goal, and then you'll identify the best Outcome of fulfilling it. Next, you will identify the greatest inner Obstacle to achieving your goal followed by creating a Plan of action that accounts for overcoming the Obstacle by engaging in a purposeful, productive action.

   - So, let's take a moment now to create a goal plan for something you will do within the next 48 hours that will positively impact your reintegration process.

   *[**NOTE**: This is a natural transition to the next slide.]*

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## PE: WOOP Goal Plan

**W**

**Wish: What is your challenging, yet feasible, Wish?**
• Choose one specific to the reintegration process

**O**

**Outcome: What is the best Outcome?**

**O**

**Obstacle: What is your main inner Obstacle?**

**P**

**Plan: What is your when-then Plan?**

When…

… then…

What strengths, skills, and resources can you capitalize on to help you achieve your **W**ish or make meaningful progress?

---

🎯 **Practical Exercise: Walk Soldiers through setting a personal goal using the WOOP framework.**

*[**NOTE**: Allow about 1 minute for reflecting on and identifying their response for each step. Check in to be sure the majority have completed each step before moving on to next one.]*

### 1.  Identify the Wish.

- Take a minute to identify your Wish: What is your challenging, yet feasible, Wish? What is something you are committed to doing in the next 48 hours that can help you make forward progress in your reintegration?

- Then, summarize the Wish into 3-6 words.

*[**NOTE**: If time allows, ask for examples.]*

### 2.  Identify the Outcome.

- Take about a minute to identify your Outcome: What is the best Outcome of fulfilling this Wish?

- Then, summarize the Outcome into 3-6 words.

*[**NOTE**: If time allows, ask for examples.]*

- Now, take about 30 seconds to visualize experiencing this Outcome. Make the visualization as vivid and real as possible.

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*Reference:*
*Oettingen, G. (2015). Rethinking positive thinking: Inside the new science of motivation. New York, NY: Penguin Random House.*

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**3. Identify the <u>O</u>bstacle.**

- Take about a minute to identify your greatest inner <u>O</u>bstacle.

- Now, summarize the <u>O</u>bstacle into 3-6 words.

*[**NOTE**: If time allows, ask for examples.]*

**4. Identify the <u>P</u>lan.**

- Take a minute to create your when/then <u>P</u>lan. Select a productive action to take when you experience your <u>O</u>bstacle.

*[**NOTE**: Ask for examples.]*

- Now, take about 30 seconds to visualize encountering the <u>O</u>bstacle and then enacting your <u>P</u>lan.

- You might have to try a couple different <u>P</u>lans before you find the <u>P</u>lan that works for you. The great thing about using the WOOP framework is that it only takes a few minutes.

**5. Capitalize on assets and resources.**

- Consider which strategies, skills, and resources you can capitalize on to help support your WOOP pursuit.

- *[ASK]* What strategies, skills and resources will you capitalize on to help you achieve your goal or make meaningful progress?

*[**NOTE**: Ask for examples. Encourage Soldiers to offer each other suggestions on which strengths, skills, or resources may be useful to one another according to their WOOP goal.]*

**6. Encourage Soldiers to set up structures to hold themselves accountable to their goal plan and ensure they are making progress.**

- Setting a goal is just the beginning. Achieving the goal or making meaningful progress requires action and accountability.

- Consider sharing your goal with a battle buddy or member of your Circle of Support. Also, consider other ways you can hold yourself accountable to your goal and keep yourself on track. You might also consider reaching out to resources like R2 Performance Centers to assist you in setting and achieving your goals.
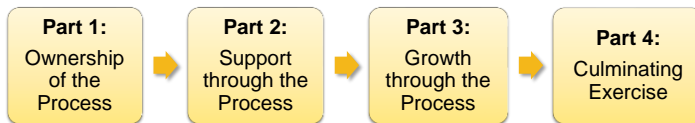
*[**NOTE**: This is a natural transition to the next slide.]*

Post-Deployment Resilience Training for Soldiers (3-6 Months)

# Training Summary

| Part 1: Ownership of the Process | Part 2: Support through the Process | Part 3: Growth through the Process | Part 4: Culminating Exercise |
|---|---|---|---|

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**Summarize the key points of the module, allow for questions (time permitting), and encourage Soldiers to apply what they have gained from today's training.**

1. Review the main points that were covered during each part of the training.

- We have come to the end of the training. Let's review what we've covered.

- In Part 1, Ownership of the Process, we focused on elements of your reintegration experience that you have the most control over such as how you personally respond to AEs and the strategies and skills you use to help you adjust and adapt to the home environment.

- In Part 2, Support through the Process, we examined how the reconnection process is going with your Circle of Support. We also discussed how you can be a support to others during their reintegration process and covered professional resources available to support you in your continued reintegration.

- Then, in Part 3, Growth through the Process, we discussed the ways in which you and others may have grown because of your reintegration experience and how you can capitalize on this growth as you continue through the transition process.

- Lastly, in Part 4, we worked through a Culminating Exercise to reflect on how various aspects of your reintegration are going and whether you can better maximize the use of your strategies, skills, and support.

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- Based on the insight you gained in the reflection, you created a meaningful goal and plan of action to help you continue forward progress.

2. <mark>Acknowledge that today's "azimuth check" of how reintegration is going for Soldiers may have revealed sustains as well as improves.</mark>

- Today's "azimuth check" may have revealed to some of you that you're on the right path. If this is the case, hopefully you became more aware of what you are doing right and doing well so that you can sustain those efforts and continue toward a "successful" reintegration.

- Today's "azimuth check" may have revealed to others of you that you need to correct your course. A slight course correction can make a big difference.

- Whatever your current circumstances, they can change. Yet, if the circumstances don't change, the way you experience them can by changing the way you respond to them.

- Resilience is trainable just like your physical fitness. No matter your current level of resilience in any of the areas we discussed today, you can become stronger. If there are any areas you feel need improvement, consider seeking out resources like mentors, books, or professional assistance.

3. <mark>Time permitting, allow the group to ask questions or share comments about today's training.</mark>

- This is the last of the Deployment Cycle Resilience Training modules that you will receive in relation to your recent deployment.

- *[ASK]* What are your questions or comments regarding this resilience training module or any of the Deployment Cycle Resilience Training modules you have received?

*[**NOTE**: Field questions as a group allowing fellow participants to offer support or answers when appropriate. Ensure you have time set aside to be available after the training has ended in the case time is limited.]*

- I hope these modules have been thought-provoking. We have discussed many of the common difficulties surrounding the deployment cycle and have hopefully given you some strategies to help you maintain your resilience throughout.

4. <mark>Transition.</mark>

- Prior to concluding the module, I want to give you an opportunity to provide feedback about this training.

Record your own notes here:

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Post-Deployment Resilience Training for Soldiers (3-6 Months)

# Survey QR Code



https://wrair.gov1.qualtrics.com/jfe/form/SV_d4PCXFCOhKJAgHI

Follow us @ArmyResilience

**◎ Provide information to complete the post-training survey.**

1. Provide information to complete the post-training survey.

   • As we are wrapping up our time with this module, the Army Resilience Directorate (ARD) has requested that you take a brief survey to continue improving this training for future use.

   • Soldiers and members of their Circle of Support provided feedback in 2018-2019 to the previous version of this training. That feedback was instrumental to ARD in revising and updating the training you just received.

   • You have the opportunity now to offer your feedback which will then be used to make a difference for the next group of Soldiers and members of their Circle of Support.

   • On the survey, you will be able to rate the usefulness, relevance, and effectiveness of specific topics as well as let them know specific sustains and improves for the next version.

   • While completing the survey is optional, we ask that you remain here so we can conclude the training together as a group.

   • Please use the QR code on your phone to access the survey.

Post-Deployment Resilience Training for Soldiers (3-6 Months)

- There is an information sheet that lets you know about the evaluation and who to contact if you have questions.

- The survey takes approximately 10 minutes.

<table>
<tr><td>2.</td><td>Ask if participants have any questions; prompt those choosing to complete the survey to begin.</td></tr>
</table>

- *[ASK]* Does anyone have any questions?

*[NOTE: Allow for and address questions.]*

- If you so choose, please complete the survey now. When everyone is done, we will conclude the training.

*[NOTE: Provide the participants time to take the survey. When everyone who wants to complete the survey is finished, pull the class together for the conclusion.]*

- Let me leave you with some parting thoughts.

Record your own notes here:

Post-Deployment Resilience Training for Soldiers (3-6 Months)

# Parting Thoughts

Is what I am currently thinking or doing helping me to move toward my goal of a "successful" reintegration?

"All of the real heroes are not storybook combat fighters either. Every single man in this Army plays a vital role. Don't ever let up. Don't ever think that your job is unimportant. Every man has a job to do and he must do it. Every man is a vital link in the great chain."

*– General George S. Patton*

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**Thank the Soldiers for their participation in the training. Leave the Soldiers with a feeling of empowerment.**

*[SLIDE BUILDS]*

1. Encourage Soldiers to use the "Golden Question" to guide their efforts and actions as they continue in the reintegration process.

   • Part of being a professional Soldier means learning how to be a Soldier who can be successfully deployed and who can be just as successful as they continue to transition and reintegrate into their life back home.

   • One question was asked over and over in today's training. We termed it the "Golden Question".

   • The repetition was on purpose as it can be a question you routinely ask yourself moving forward.

   • As you go through your days and weeks, you can ask yourself: "Is how I am currently thinking, perceiving, or interpreting this challenge helping me to move toward my goal of a 'successful' reintegration?"

   • Or, "Is what I'm currently doing helping me to move toward my goal of a 'successful' reintegration?"

2. Share an inspirational quote from General Patton.

   • Along with this routine check-in, know that you play a vital role in the Army and you are appreciated.

*[CLICK TO ADVANCE]*

   • I'd like to share a quote by General George Patton.

66-A

- "All of the real heroes are not storybook combat fighters either. Every single man in this Army plays a vital role. Don't ever let up. Don't ever thing that your job is unimportant. Every man has a job to do and he must do it. Every man is a vital link in the great chain."

- The language within this quote represents a different era, but the concept remains the same. The importance of "team" has not changed; every person is a vital link in the great chain.

- Hang on to this message from General Patton to help sustain you through the reintegration process and remind you of your value.

3. Thank the Soldiers for their time and attention, thank them for their service, and wish them good luck with a smooth, continuing transition!

- Thank you for your time and attention, thank for your service, and best wishes on your continued transition!

Post-Deployment Resilience Training for Soldiers (3-6 Months)

Record your own notes here: