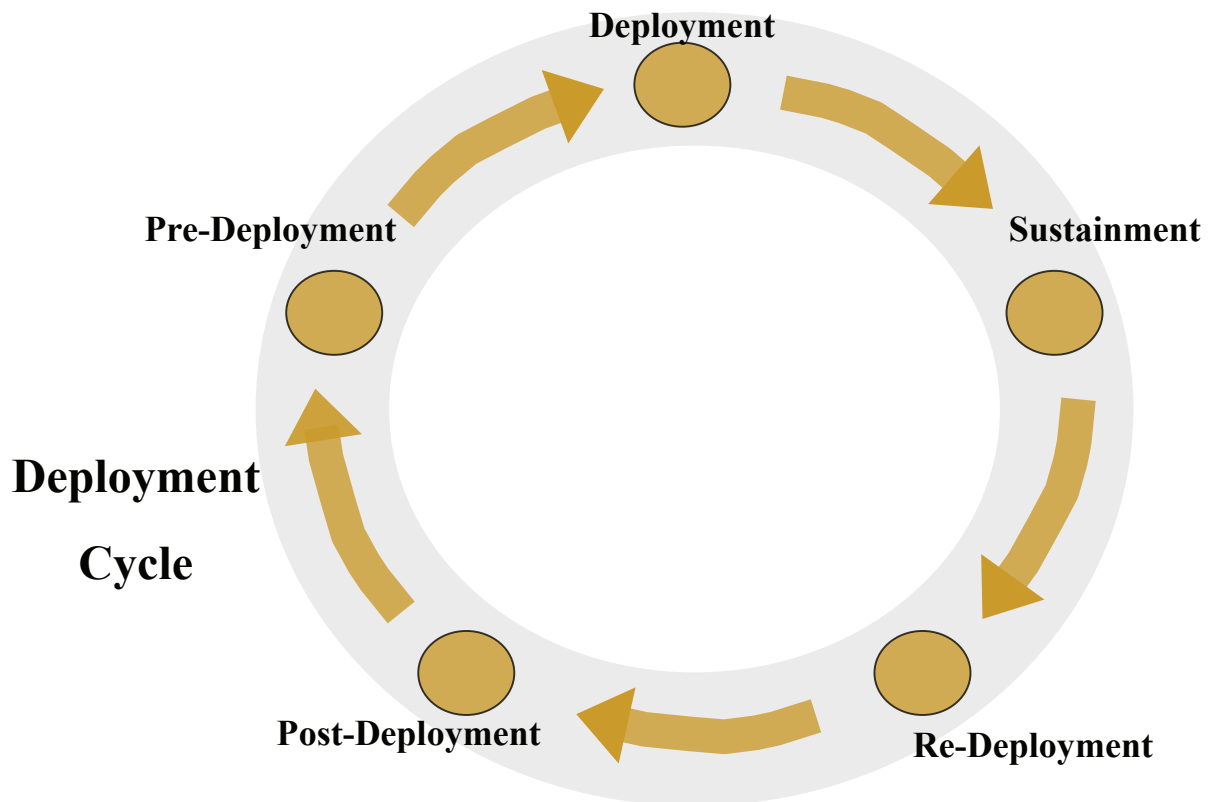


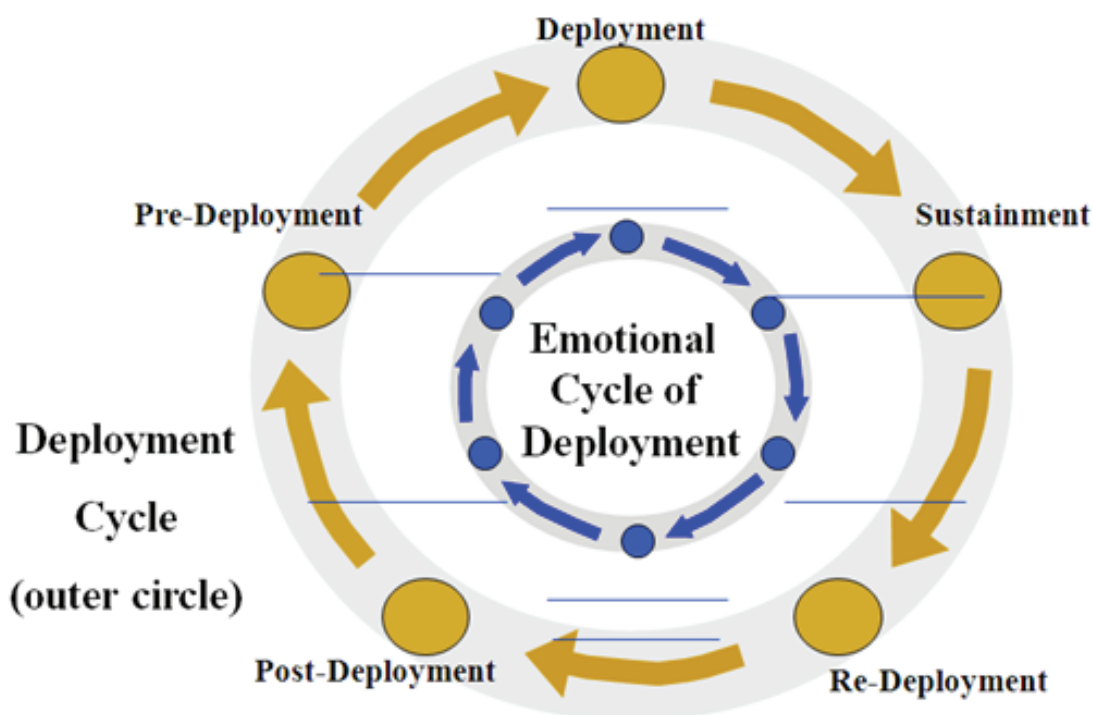


The Emotional Cycle of Deployment Worksheet



1. In which stage of the deployment cycle are you or your Service member?
 - a. Pre-deployment
 - b. Deployment
 - c. Sustainment
 - d. Re-deployment (Preparation for Return)
 - e. Post-deployment
 - f. None of the above at this time

2. Shown below is the cycle of deployment. Fill in the blanks around the inner circle to capture each phase of the Emotional Cycle of Deployment.



3. Based on what you've learned so far, in what stage of the Emotional Cycle of Deployment would you classify yourself?
- Stage 1: Anticipation of Loss
 - Stage 2: Detachment
 - Stage 3: Disorganization
 - Stage 4: Stabilization
 - Stage 5: Anticipation of Return
 - Stage 6: Reintegration
 - None of the above at this time

4. What is the most difficult thing about being in this stage?

5. What is/would be the most helpful thing for you/your family during this stage?

6. Where can you find some of the most helpful resources?
