



Understanding the Emotional Cycle of Deployment Quiz

1. The Emotional Cycle of Deployment assumes that the deployment follows fairly consistent stages for most people. T F
2. The Emotional Cycle of Deployment is made up of 8 stages. T F
3. Put the five stages of the deployment cycle in order:

 ___ Post-deployment

 ___ Sustainment

 ___ Deployment

 ___ Pre-deployment

 ___ Re-deployment
4. Deployment actually refers to the stage in which the soldier and the family are adjusting to the initial time of separation. T F
5. Only immediate family actually experience the emotional cycle stages during a deployment. T F
6. The Sustainment stage is generally the longest stage of the deployment cycle. T F
7. Each soldier and each family will experience the emotional stages of the deployment cycle in the exact same way. T F
8. The stages of the Emotional Cycle of Deployment also follow a fairly typical pattern. Arrange the stages in order below:

 ___ Stabilization

 ___ Anticipation of Loss

 ___ Disorganization

 ___ Anticipation of Return

 ___ Detachment

 ___ Reintegration

9. Which of the emotional experiences often occur in the Pre-deployment stage?
 - a. Disorganization and Detachment
 - b. Anticipation of Loss and Detachment
 - c. Stabilization and Detachment
10. Soldiers and their families have similar experiences during each of the stages of the Emotional Cycle of Deployment. T F
11. Nothing good comes out of going through the Emotional Cycle of Deployment stages. T F
12. While it is important to navigate each of the stages well, which stage is the most important to navigate effectively for the long-term health of the couple relationship?
 - a. Detachment
 - b. Anticipation of Return
 - c. Reintegration
13. In a marriage and relationship education setting, it's safe to assume that all National Guard participants are in the same stage of the Emotional Cycle of Deployment. T F
14. Couples at each stage of the Emotional Cycle of Deployment will have unique issues to address and particular kinds of stresses to cope with. T F
15. In National Guard culture, "dwell time" refers to which of the following:
 - a. The time a soldier spends downrange or deployed away from home
 - b. The time a family spends waiting for a soldier to return home
 - c. The periods of time between deployment cycles for NG soldiers.

Understanding the Emotional Cycle of Deployment Quiz Answers:

1. The Emotional Cycle of Deployment assumes that the deployment follows fairly consistent stages for most people. T F

True. The Cycle of Deployment almost always follows the same pattern and the emotional cycle that goes along with the deployment cycle also follows a fairly consistent and predictable pattern.

2. The Emotional Cycle of Deployment is made up of 8 stages. T F

False. The Emotional Cycle of Deployment is made up of 6 stages.

3. Put the five stages of the deployment cycle in order:

 5 Post-deployment

 3 Sustainment

 2 Deployment

 1 Pre-deployment

 4 Re-deployment

4. Deployment actually refers to the stage in which the soldier and the family are adjusting to the initial time of separation. T F

True. We often think of deployment as the whole time the soldier is away, but in this model, deployment refers to the first month or so after departure.

5. Only immediate family actually experience the emotional cycle during a deployment. T F

False. Experience tells us that every soldier and every family member, and even coworkers and others in the soldier's life, experience varying degrees of the Emotional Cycle.

6. The Sustainment stage is generally the longest stage of the deployment cycle. T F

True. And this is when the soldier and the family settle into new roles and routines.

7. Each soldier and each family will experience the emotional stages of the deployment cycle in the exact same way. T F

False. While there are some typical patterns in each of the stages, every person and every family will have a slightly different experience, depending on a variety of factors, such as personal resources and skill, social support, relationship quality, etc.

8. The stages of the Emotional Cycle of Deployment also follow a fairly typical pattern. Arrange the stages in order below:

__4__ Stabilization

__1__ Anticipation of Loss

__3__ Disorganization

__5__ Anticipation of Return

__2__ Detachment

__6__ Reintegration

9. Which of the emotional experiences often occur in the Pre-deployment stage?
- Disorganization and Detachment
 - Anticipation of Loss and Detachment**
 - Stabilization and Detachment

Anticipation of Loss and Detachment are common experiences in the Pre-deployment stage.

10. Soldiers and their families have very similar experiences during each of the stages of the Emotional Cycle of Deployment. T F

True. While the soldier is going through each of the stages in his or her own way, the family member is also dealing with separation, fears and excitement, adjusting to new roles, and facing re-adjustment during the Post-deployment stage.

11. Nothing good comes out of going through the Emotional Cycle of Deployment stages. T F

False. Soldiers and family members alike can learn new skills and uncover new strengths during the deployment cycle.

12. While it is important to navigate each of the stages well, which stage is the most important to navigate effectively for the long-term health of the couple relationship?

- Detachment
- Anticipation of Return
- Reintegration**

Incorporating and adapting to all of the adjustments of coming back together after the tour of duty is ended poses some real challenges to couples. Roles, communication, intimacy, sharing power, and adjusting to personal changes in family members are all important issues to be worked through.

13. In a marriage and relationship education setting, it's safe to assume that all National Guard participants are in the same stages of the Emotional Cycle of Deployment. T F

False. Unless you are working with a group of soldiers and families from a single unit who are all on the same cycle, it is safer to assume that participants in your program will be in different places. It is important to assess where in the cycle people are and tailor the approach to best meet them where they are.

14. Couples at each stage of the Emotional Cycle of Deployment will have unique issues to address, and particular kinds of stresses to cope with. T F

True. Each stage has a different set of challenges and tasks to negotiate successfully.

15. In National Guard culture, “dwell time” refers to which of the following:
- a. The time a soldier spends downrange or deployed away from home
 - b. The time a family spends waiting for a soldier to return home
 - c. The periods of time between deployment cycles for NG soldiers***

National Guard soldiers are often deployed a number of times over the years during the course of the war.