

STAGES OF REINTEGRATION



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| <ul style="list-style-type: none"> • Excitement about reunion • Anxiety about returning home | 1 | <ul style="list-style-type: none"> • Short-lived • Physical intimacy • Problems may seem non-existent | 2 |
| <ul style="list-style-type: none"> • Exhaustion • Anger & stress • Guilt • Worry | 3 | <ul style="list-style-type: none"> • Adapting to new routines • Renewing old roles • Taking on new responsibilities | 4 |

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| <ul style="list-style-type: none"> • Parenting/ discipline • Money management • Weakened emotional bonds • Feeling unappreciated • Infidelity/real or perceived • Jealousy | 5 | <ul style="list-style-type: none"> • Discussion • Compromise • Couples retreat • Counseling • Separation/divorce | 6 | <ul style="list-style-type: none"> • Realization that re-deployment is inevitable • Family balance achieved • Emotional bonds rebuilding | 7 |
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The "Original Seven" Emotional Cycles of Deployment