

THE USO PRESENTS



A MONTHLY SERIES FOR MILITARY FAMILIES

You're Leaving... Again?

WITH MATT & CORIE WEATHERS



www.uso.org

You're Leaving... Again?

"THE TENSION BEFORE YOU GO"

MATT & CORIE WEATHERS

Spending any time apart as a family can be difficult, but as a military family that happens more often than you would like. In fact, many military families spend almost half of their married time apart.

How do you keep a marriage and family strong despite the distance?

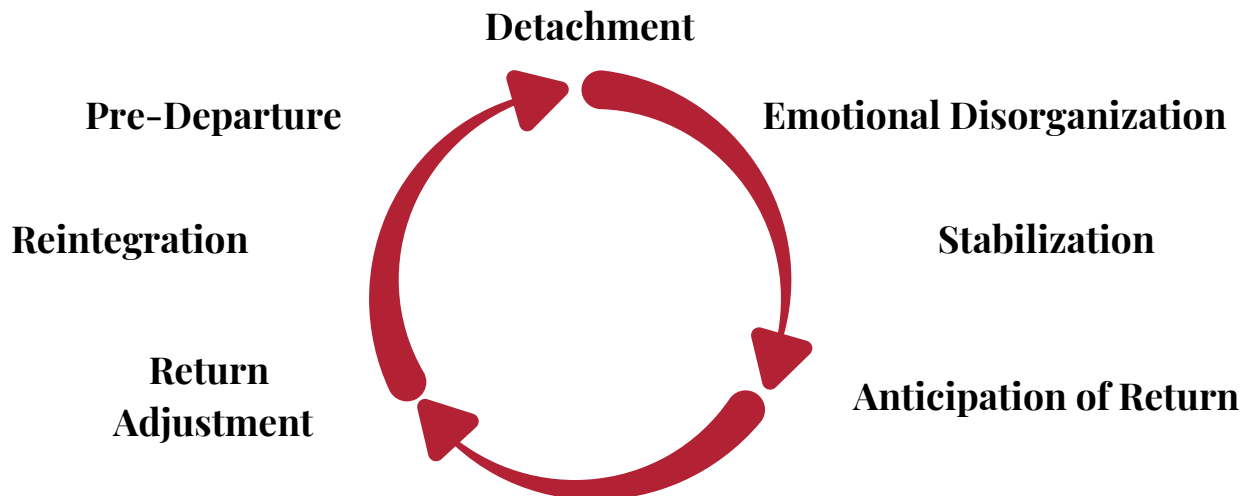
This series aims to answer that question. We believe that your relationship can not only stay connected, but it can actually grow and deepen even when you are apart. Whether you are going through a deployment, TDY, unaccompanied tour, temporary geo-batching situation, or other extended separation, this series is for you.

INTRODUCTION: MATT & CORIE WEATHERS

WHAT YOU CAN EXPECT FROM THE SERIES:

- Matt and Corie will share more of their experience of growing while apart
- Each month will focus on a new topic related to a military separation's impact on a family
- Webinars are virtual, interactive, and include a listening guide
- Events are recorded and available on the USO website for those who cannot attend the live event

SEPARATION CYCLE- WHAT WE'RE NOT SAYING....



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HOW TO COMMUNICATE "THE TENSION":

In marriage, it is important to learn to be honest without being _____.

Being honest in your relationship is always the beginning point to growing closer.

- Remember that no one is doing this to _____.
- We can be on mission together because it is a choice we made _____.
- Both sides will feel insecurity, fear, and anxiety before the departure. Yet what we have control of

is our incredible influence to speak _____ to our spouse's heart.

WHAT'S GOING ON IN THE SERVING SPOUSE?

Before the departure, the serving spouse goes from being overly focused on work, to now being focused on _____.

WHAT'S GOING ON IN THE SUPPORTING SPOUSE?

Before departure, many experience _____ before they start preparing to take control of more responsibilities.

THE POSITIVES THAT CAN COME FROM MILITARY SEPARATIONS:

Couples learn how to _____. Things you would normally say, you don't in order to avoid unnecessary arguments.

Couples become more protective of their time together.

You learn to identify what you _____ and how to communicate it more intentionally to your spouse. If you hold it inside, you may not be able to have that need met for some time.

This lifestyle can influence how we live our lives in general.

Become your best self now rather than waiting to become your best self before we say goodbye.



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FINDING THE HEALTHY BALANCE OF COMMUNICATION

Identify the two forms of communication that are extremes and destructive to the relationship.
What does it look like to aim for the middle?

HELPING KIDS "FRAME" FAMILY TIME APART

- Kids will _____ because they are trying to regain control of a world they don't have control over.
- "Framing" provides vision and _____ for a situation. You can cast vision for your kids by framing the time apart in an age appropriate way that is not all negative.
- Expect some level of regression for each developmental age group.



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MORE IDEAS FOR HELPING KIDS DEAL WITH SEPARATION:

WHAT TO AVOID BEFORE THE DEPARTURE:

PROACTIVE PLANS TO STAY CONNECTED...

NOTES



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RESOURCES MENTIONED:

USO PROGRAMS:

Bob Hope Legacy Reading Program

Coffee Connection

Discovering Your Spark, Brittany Boccher

DEPLOYMENT MASTERCLASS, Lizanne Lightfoot

RESOURCES FOR KIDS:

My Many Colored Days, Dr. Seuss

COUNSELING:

The Lifegiver Directory: (Military spouse, veteran, or culturally competent clinicians)

Lifegiver: Breathe life into your service family www.life-giver.org

Military OneSource

OTHER RECOMMENDED RESOURCES:

Sacred Spaces: My Journey to the Heart of Military Marriage (Corie Weathers)

Boundaries: When to Say Yes, When to Say No. (Townsend and Cloud)

Grit: The Power of Passion and Perseverance (Duckworth)

Lifegiver Podcast with Corie Weathers

