

THE USO PRESENTS



A MONTHLY SERIES FOR MILITARY FAMILIES

You're Leaving... Again?

WITH MATT & CORIE WEATHERS



www.uso.org

You're Leaving... Again?

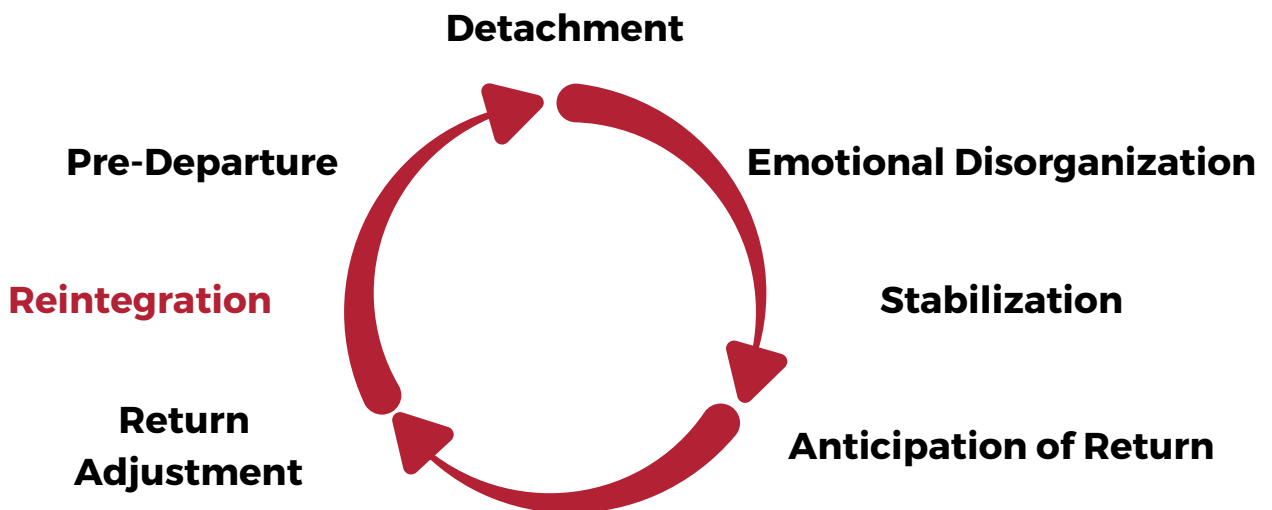
THE NEW NORMAL WITH
MATT & CORIE WEATHERS

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.

SEPARATION CYCLE- Reintegration



EMBRACING THE NEW NORMAL

"The most significant visions are not cast by great orators from a stage. They are cast at the bedsides of our children. The greatest vision casting opportunities happen between the hours of 7:30 and 9:30 PM Monday through Sunday. In these closing hours of the day we have a unique opportunity to plant the seeds of what could be and what should be. Take every opportunity you get."

— Andy Stanley



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THE NEW NORMAL

The phrase "*new normal*" is often used by military couples to describe when some aspect of the relationship has changed after you spend a considerable amount of time apart. It can feel like it is no longer an option to go back to the way things were, especially if big life events have occurred during that time. The truth is, this experience is actually quite normal in **every** marriage, military or not. In fact, every couple will experience challenging seasons in life and different paces of growth.

The tension of finding a "new normal" can feel scary, but we hope to show you how to turn it into an opportunity for a new way ahead.

*There is a difference between
"We've grown apart" and "We've grown while apart."*

WHERE ARE WE?

Before we can live out a new normal, we have to do a thoughtful and accurate assessment of where we are. Here are some questions that can help you dialogue together as you enter a new normal:

1. The "new normal" requires couples to explore what has changed.
 - What events did you experience while apart?



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- In what ways did you cope with that experience that you have now adopted?

- How did it shift your perspective of life and others?

2. Now, how do we incorporate that moving forward?

- Opportunity: Are these changes positive and beneficial? If so, how can we maximize its influence in our family?

- Obstacle: Are these changes destructive and/or regressive? If so, how can we bring in resources or help?

WHERE DO WE WANT TO GO?

Once we understand where we currently are, we can decide where we want to go from here as a couple. Vision casting can be an exciting way to integrate the separate parallel paths you are on into one new path with a hopeful future.



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Here are some questions to help you get started:

1. Who do you look up to as a mentoring couple?

- What is it about them that you admire?

- Why do you want those traits in your marriage?

2. How do we get there?

- How would you describe a healthy week for you personally that includes the positive changes and aspirational goals you've discussed?

- In what areas can you compromise or collaborate together?

- What are the ways you can bring in outside expertise to support and provide healthy accountability to the new changes?



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RESOURCES MENTIONED:

RESOURCES :

"The Lifegiver 5 Minute Check-in@" www.life-giver.org

Better Love Assessment

For Couples Only, Feldhahn

Deployment Masterclass with Lizanne Lightfoot

Day One Journal App

"Start with Why: How Great Leaders Inspire Everyone to Take Action", Simon Sinek

"7 Habits of Highly Effective People", Stephen Covey

PODCAST EPISODES:

The Impact of Family Readiness on Marriage

Communicating Through Change/PCS

Reintegration Part 1 After Sacred Spaces

Reintegration Part 2 After Sacred Spaces

COUNSELING:

The Lifegiver Directory: (Military spouse, veteran, or culturally competent clinicians) Lifegiver: Breathe life into your service family www.life-giver.org

OTHER RECOMMENDED RESOURCES:

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

Lifegiver Podcast with Corie Weathers

