

# Reuniting with your spouse after deployment

Reuniting with your spouse can be exhilarating, but it can also be a little terrifying. You have changed, and your spouse has changed. Rebuilding your life together takes time.

## **Celebrate the return**

You and your spouse have much to celebrate, but you are also making a major adjustment at the same time. Make this time memorable, but be cautious.

- **Plan a special homecoming.** Create a welcome home banner. Cook your spouse's favorite foods.
- **Be flexible in case plans change.** Your spouse's arrival may be shifted or altered. Your spouse may be too exhausted to celebrate much.
- **Limit alcohol use.** After months away from alcohol, your spouse may have a lower tolerance.

## **Ease into life together**

Once the welcome home party is over, you begin the real work of readjusting to one another.

- **It's normal to feel awkward.** Both of you have changed while you were apart. It will take time to feel comfortable being physically or emotionally close.
- **Talk together.** Sometimes it's easiest to talk while you are doing something else, like walking, or doing household projects.
- **Your children may test the rules now that both parents are home.** Tell your spouse your rules, discipline and any special problems you have had. Build a plan together so your rules are consistent.

## **As time goes on**

It's time to build new memories, and realize if you need help with the changes.

- **Be patient with yourself and your spouse.** You are both tired and dealing with stress, confusion and worry. You both may have short tempers.
- **Have fun together.** Make time to be together as a couple and as a family.
- **Ask for help if you need it.** If you, your spouse or your children are showing physical or emotional signs of stress, get help. Consider calling Military OneSource to ask about face-to-face counseling.

Remember, Military OneSource is available 24/7 to help you with a whole range of work and personal issues. Call 1-800-342-9647 or check the Web site at [www.militaryonesource.com](http://www.militaryonesource.com).

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