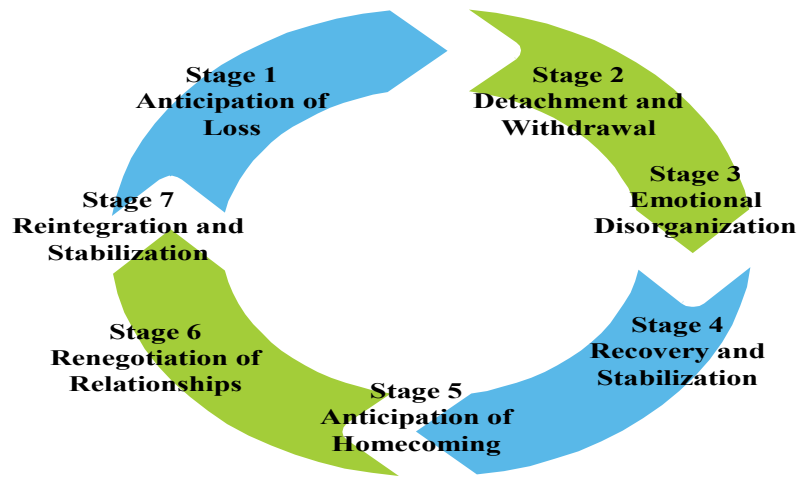


# Emotional Cycle of Deployment



**Stages one through five are related to the pre-deployment and deployment phases:**

## **Stage One-Anticipation of Loss:**

This stage occurs four to six weeks before the member deploys. Family members may put some emotional distance between themselves in their preparation for living apart.

## **Stage Two-Detachment and Withdrawal:**

In many ways, this is the most difficult stage. It occurs sometime in the final days before departure.

## **Stage Three-Emotional Disorganization:**

An initial sense of relief that the pain of saying good-bye is over may be followed by guilt. Old routines have been disrupted and new ones not yet established.

## **Stage Four-Recovery and Stabilization:**

Families realize "Hey, I'm doing O.K.!" They have established new family patterns and settled into a routine.

## **Stage Five-Anticipation of Homecoming:**

Along with the excitement and anticipation, family members may feel nervous, tense and apprehensive.

**Stages six and seven are related to the return home phases:**

## **Stage Six- Renegotiation of the Marriage Contract:**

The husband and wife are together physically but not necessarily emotionally. They both need to be aware of the necessity to refocus on the marriage.

## **Stage Seven - Reintegration and Stabilization:**

Sometime within the four to six weeks after the homecoming routines have been established for the family, and there is a sense of being a couple and a family.

This information was presented by Lisa Kennedy and Jenny Fairbank, August 30, 2011 at the School District 17 Professional Development Day.