

JUST THE FACTS:

Obstacles to Talking about Deployment

- ***“I’m worried that talking about a problem that I’m having may affect my redeployment or military career.”***
 - Know that in most cases, talking about your problems will lead to help, and not harm. However, be aware that some information could have an impact on some areas of your career. Start off talking with someone you know is safe, such as your partner or spouse, a trusted friend, or a spiritual director.
 - Ask the people you talk with to keep the conversations you have private.
 - Remind yourself that working on a problem now will make you a healthier, more efficient service member.
 - Remind yourself that getting support can help you recover more quickly
- ***“I’m worried that it means I’m weak or going crazy.”***
 - Remember: everyone needs support from time to time.
 - Remind yourself that getting support shows strength, courage and self-respect.
 - Remember that it’s normal to find it hard to talk about difficult experiences . But having problems doesn’t mean you’re going crazy, it just means that you’re human.
- ***“Shouldn’t I be over it by now?”***
 - It takes time to heal. Be patient with yourself!
 - Remember: being critical of yourself only makes you feel worse.
- ***“I’m worried that I will be a burden or that I will depress others.”***
 - Remind yourself that people who care about you don’t see your concerns as a burden.
 - Remember that you felt good the times when you were able to help someone with their problems.
 - Realize that even if you say something that upsets someone, talking it through can be a good opportunity to understand and be understood.
- ***“I don’t want to be teased or made fun of.”***
 - Make sure you talk to someone you trust.
 - Ask the person you talk with to keep your conversation private.
 - Let the person you talk to know upfront how important this is to you.
- ***“I’m afraid I’m going to get so upset that I’ll lose control.”***

after deployment

- Ask friends and family to be patient with you as you work through your feelings.
- Take as many breaks as you need to calm down while you're talking.
- Remind yourself that you don't have to tell everything in one sitting. It's okay to start slow, with just one story."
- ***"I don't think anyone can really understand me or my experiences."***
 - Remind yourself that this is only true if you never give anyone a chance to understand you.
 - Remind yourself that you're not alone—others have coped with similar experiences.
 - Ask others about their experiences and how they coped.
 - If your experience was very unusual, start by talking to a professional or consider joining a support group.
- ***"I'm worried that people will reject me if they know what I did during deployment."***
 - Start by talking to other Service Members, and then carefully choose other people to talk with that you can trust.
 - Ask the person you talk with to listen without judgment.
 - Remind yourself that you did what you did based on the information you had at the time. That was before outcomes were known.