



Post-Deployment:
Something Gained and Something Lost

Life in post deployment can have its highs and lows. For every “high” there are gains. For every “low” there are losses. Complete the following worksheet by identifying the personal and family changes that did occur or might occur in reuniting as a couple or family.

For every loss, determine if there is a gain. For every gain, determine if there is a loss and list them.

LOSSES

When I experience this loss: _____.

I gain: _____.

When I experience this loss: _____.

I gain: _____.

When I experience this loss: _____.

I gain: _____.

When I experience this loss: _____.

I gain: _____.

GAINS

When I experience this gain: _____.

I lose: _____.

When I experience this gain: _____.

I lose: _____.

When I experience this gain: _____.

I lose: _____.

When I experience this gain: _____.

I lose: _____.