

Preparing for Post-Deployment Take Action

Something I learned today that made a difference: _____

I commit to try the following strategy: _____

Some other strategies I can try:

- Identify normal combat stress behaviors I might notice after my loved one returns:

- Identify combat stress behaviors that need professional help:

Signed _____ Date _____



“In order to carry a positive action, we must develop a positive vision.”

–Dalai Lama