

Emotional Adjustment to Deployment Take Action

Something I learned today that made a difference: _____

I commit to try the following strategy: _____

Some other strategies I can try:

- I will create a Thought Record for a difficult situation I am coping with.
- I will begin a personal journal.

Record the outcome of my actions: _____

Signed _____ Date _____



“It takes deep commitment to change and even deeper commitment to grow.”

– Ralph Ellison