## VOLUME XII SENIOR REVIEW GROUP (SRG) THEMES/TRENDS and/or LESSONS LEARNED March 2011 SRGS

## 1. Theme: Successful Relationship and Hindrance

- Identify and establish all boundaries in the beginning of a relationship...crucial step if relationship should end.
- Discuss your battle rhythm with those close to you; may help you facilitate toward being able to save your relationship.
- As situations allow, work toward synchronizing your work and family commitments; however, if you're having problems seek assistance it is available!

## 2. Theme: Risk Assessment

- WARNING! A change from low risk to high risk Soldier can happen quickly.
- Leaders "get into your Soldiers business" especially when you recognize a Soldier with high-risk behavior.
- Transition can a risky process; a Soldier that leaves your Command does not make that Soldier any less of a risk leaders maintain your responsibility to that Soldier.
- There's no pass on rank or position when it comes to Soldiers with problems; identify yourself and/or that Soldier; talking about your issue(s) is a healthy process!
- Soldier's "police" one another; make sure you identify risky behavior and help leadership to help that Soldier to connect the dots

## 3. Theme: Identify the Red Lights

- Unemployment /financial challenges
- Extreme Depression
- Troubled/terminated Relationships
- Emotional stressors
- Mature Soldier entry in military