

What was the most stressful (or, at least potentially stressful) experience you had on this deployment? What made it so stressful?



Name: _____

Phone: _____

Please read the following items and put a check mark (✓) next to those that are consistent with your experiences during your most recent deployment.



- 1 ___ Shooting or directing fire at the enemy
- 2 ___ Being attacked or ambushed
- 3 ___ Receiving small arms fire
- 4 ___ Receiving incoming artillery, rocket, mortar
- 5 ___ Having hostile reactions from civilians
- 6 ___ Unable to respond to threatening environment because of rules of engagement
- 7 ___ Knew someone seriously injured or killed
- 8 ___ Responsible for the death of an enemy combatant
- 9 ___ Saw dead or seriously injured Americans
- 10 ___ Had a member of my own team become a casualty
- 11 ___ Engaged in hand to hand combat
- 12 ___ Saved the life of a soldier or civilian

- 13 ___ This deployment improved the cohesion in my unit
- 14 ___ This deployment had a positive effect on my life
- 15 ___ I am more confident in my abilities due to this deployment
- 16 ___ I feel pride from my accomplishments due to this deployment
- 17 ___ I was able to demonstrate my courage in this deployment
- 18 ___ I deal with stress better because of this deployment

- 19 ___ I am CURRENTLY experiencing a moderate stress, emotional, alcohol or family problem
- 20 ___ I am CURRENTLY interested in receiving help for a stress, emotional, alcohol or family problem
- 21 ___ I am CURRENTLY experiencing a severe stress, emotional, alcohol or family problem
- 22 ___ If needed, I would seek out mental health and/or chaplain services

- 23 ___ If needed, I would **NOT** seek out mental health and/or chaplain services because:
 - a ___ I would be seen as weak
 - b ___ My unit leadership might treat me differently
 - c ___ My leaders would blame me for the problem
 - d ___ It would harm my career
 - e ___ Members of my unit might have less confidence in me
 - f ___ It would be too embarrassing

- 24. ___ Assuming you would benefit from mental health services, would you be more willing to seek them out if treatment was provided in the Primary Care Clinic, with no mental health record created?

- 25. What was the most stressful aspect of your deployment? _____

- 26. Would you like Capt Isaia to contact you for any Life Skills sessions?
___ Yes ___ No thanks