



# Spouse Battlemind Training

**Helping You and Your Family  
Transition from Deployment**



# *Acknowledgments*

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## *Agenda*

- **Nature and Benefits of Military Life**
- **Resiliency**
- **Battlemind for Spouses**
- **Distress Cues**
- **Support Services and Resources**



# *Nature of Military Life*

## **Military Life is Challenging and Complex:**

- **Frequent military deployments**
- **Frequent training exercises**
- **Long duty days**
- **Weekend duty**
- **Frequent military moves (PCSs)**
- **Fear of death and/or serious injury**
- **Distance from extended family**
- **Financial strain**
- **Family separations**



# *Nature of Military Life*

## **Military Life has Benefits:**

- **Financial stability/Retirement benefits**
- **Health Care**
- **Community and sense of belonging**
- **Education and job training**
- **Overseas assignments**
- **Part of a tradition**
- **Resilient families**
- **Pride and patriotism**



# Spouse Battlemind

**Spouse Battlemind** is the Spouse's ability to face deployments with resilience and strength, allowing easier separations and smoother reunions. Key components include:

- **Independence** –The capability of having a fulfilling and meaningful life as part of an Army Centric Family.
- **Resiliency**–The ability to overcome setbacks and obstacles and to maintain positive thoughts during times of adversity.

Deployments and separations can be a positive growth experience for you and your family. However, some issues may arise that could negatively affect your or your family's well-being.



# *Battlemind Training for Airmen*

- Airman **Battlemind** is the Airmen's inner strength to face fear and adversity in combat with courage.
  - **B**uddies (cohesion) vs. Withdrawal
  - **A**ccountability vs. Controlling Behavior
  - **T**argeted vs. Inappropriate Aggression
  - **T**actical Awareness vs. Hypervigilance
  - **L**ethally Armed vs. "Locked and Loaded" at home
  - **E**motional Control vs. Detachment
  - **M**ission and OPSEC vs. Secretiveness
  - **I**ndividual Responsibility vs. Guilt
  - **N**on-Defensive (combat) vs. Aggressive Driving
  - **D**iscipline and Ordering vs. Conflict
- **Battlemind** skills help Airmen survive in combat but may lead to problems if they are not adapted for use at home.



# ***Battlemind Training for Spouses***

- **Working on this set of Battlemind skills throughout the military deployment cycle will help increase your and your family's resiliency.**
  - **Bonds(Social Support)**
  - **Adding/Subtracting Family Roles**
  - **Taking Control**
  - **Talking it Out**
  - **Loyalty and Commitment**
  - **Emotional Balance**
  - **Mental Health and Readiness**
  - **Independence**
  - **Navigating the Air Force System**
  - **Denial of Self (Self-Sacrifice)**





## ***Bonds (Social Support)***

- **During deployments**, Airmen often made strong ties with their fellow Airmen.
- **At Home, Spouses:** May have developed new friends, strengthened existing friendships, became more involved in the Air Force community and participated in new activities. Some Spouses may have returned home to their families during the deployment.
- **Potential Conflicts:** Airmen may want to spend more time with their buddies than their Spouses. The fact that Spouses' new friends, strengthened friendships and new activities were developed without Airmen may feel threatening to them.



## ***Bonds (Social Support)***

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- **Actions Spouses Can Take:** Talk with your Airman about how to balance the time spent between family and friends. Introduce new friends to your Airman; don't hide new friendships or activities.
- **Actions Airman Can Take:** Talk with your Spouse about how to balance the time spent between your family and buddies. Respect, and if possible, become involved in, your Spouse's friendships and new interests. Appreciate those who helped your Spouse in your absence.



# *Adding/Subtracting Family Roles*

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- **During deployment, Airmen:** Were removed from the daily lives of their families and missed family events (anniversaries, births, graduations, birthdays, sporting events, etc.).
- **At Home, Spouses:** Performed roles that might otherwise be shared.
- **Potential Conflicts:** Spouses and Airmen may resist resuming and sharing roles. Children may resist Airmans' return to authority. Airmen may feel left out and fail to actively participate in family roles.



## *Adding/Subtracting Family Roles*

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- **Actions Spouses Can Take:** Help your Airman resume family roles, despite possible resistance from your kids. Share day-to-day responsibilities upon reunion.
- **Actions Airmen Can Take:** Upon your return, resume an active role, but don't force it too much, too soon. Don't let changes in roles and/or responsibilities cause you to withdraw from the family. Understand that your Spouse may need a break.



# *Taking Control*

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- **During deployment, Airmen:** Maintained strict control of their weapons and gear in order to survive and were not in control of what was going on at home.
- **At Home, Spouses:** Were the head of the household.
- **Potential Conflicts:** Airmen may have an increased need for order and control upon return. Spouses and Airmen may have different priorities for the family's time and money. Airmen may treat the household as a military unit.



# *Taking Control*

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- **Actions Spouses Can Take:** Renegotiate priorities and incorporate those of your Airman. Recognize your Airman's need for order and control may be due in part to his/her deployment experiences.
- **Actions Airmen Can Take:** Respect and appreciate how your Spouse managed the household during your deployment. Be flexible and avoid treating family members like subordinates. Let go of the little things. If you have children, understand that they tend to like routine and predictability.



## *Talking it Out*

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- **During deployment Airmen:** Shared mission-specific information on a need-to-know basis and many had limited access to phone or email.
- **At Home, Spouses:** Could share only a limited amount of what occurred during the deployment due to communication limitations.
- **Potential Conflicts:** Spouses, Airmen and children can't know all of the ways the deployment affected one another. Spouses may immediately want to know everything about deployments, but your Airman may not be willing or ready to tell.



## *Talking it Out*

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- **Actions Spouses Can Take:** Your Airman may not share every deployment experience with you. Let the story come out with time, and in his/her own words. Deployment is difficult for both Airmen and family members; be prepared to hear all sides of the story.
- **Actions Soldiers Can Take:** Don't expect your Spouse to understand what it is like in a combat environment unless you share your experiences. Tell as much of your story as you feel you should, especially to your children. Recognize that your Spouse and children have a deployment story to share as well.





# *Loyalty and Commitment*

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- **During deployment Airmen:** Needed to know their Spouses were committed and looked forward to their return.
  - **At Home, Spouses:** Needed to know their Airmen were also committed.
  - **Potential Conflicts:** Both Spouses and Airmen may have issues of mistrust and jealousy and be concerned about relationship commitment.



# *Loyalty and Commitment*

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- **Actions Spouses Can Take:** Tell your Airman how much you missed him/her and how you coped with being apart. Address any issues of mistrust and get help if needed.
- **Actions Soldiers Can Take:** Tell your Airman you love and appreciate her/him. Practice saying, “Thanks”, and say it often. Don’t hesitate to get help for issues of mistrust.



# *Emotional Balance*

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- **During deployment, Airmen:** Controlled their emotions in order to be successful in missions.
- **At Home, Spouses:** Managed individual and family emotional well-being with less emotional support from Soldiers.
- **Potential Conflicts:** Spouse or Airman expectations for emotional and physical intimacy may not be met upon return. The emotional control Soldiers used while they were deployed may lead to detachment or anger during reintegration. Children's emotional responses to reintegration can range from detachment to clinging to the absent parent.



# *Emotional Balance*

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- **Actions Spouses Can Take:** Be patient. Emotional detachment can be common in Airmen returning from deployment. It will take time and effort from you and your Airman to renew emotional and physical bonds.
- **Actions Airmen Can Take:** Appreciate the difference between sex and emotional intimacy. Spend time with each of your family members individually; put in the time and effort to reconnect physically and emotionally with your Spouse. Practice the full range of emotions; don't limit yourself to anger or detachment. Express yourself in a variety of ways (email, phone calls, flowers, notes, etc.).



# *Mental Health and Readiness*

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- **During deployment Airmen:** Were constantly alert, revved-up, aggressive when necessary, and may have worked long hours.
- **At Home, Spouses:** Maintained individual and family mental well-being.
- **Potential Conflicts:** Airmen may display behaviors that cause Spouses or children to worry, including inappropriate anger, difficulty sleeping (including nightmares), startling easily, and excessive drinking. Airmen who need help may not seek it. Spouses and children who need mental health services may have difficulty accessing care.



# *Mental Health and Readiness*

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- **Actions Spouses Can Take:** Behaviors that are causing problems in your family need to be addressed. Realize that you might not be the person your Airman will accept help from. Know what mental health resources are available for you and your family.
- **Actions Airmen Can Take:** Recognize changes in yourself that might be signs you should get help; seek assistance if you need it. Accept help from others, including your Spouse. Avoid pushing away or lashing out at those who try to help you. Don't attempt to avoid or treat problems with alcohol or drugs.



# *Independence*

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- **During deployment, Airmen:** Made decisions that revolved around their deployment and were less available to participate in household decisions.
- **At Home, Spouses:** Functioned alone or as a single parent by making household decisions with less input from Airmen.
- **Potential Conflicts:** Airmen may want to change household decisions that were made during the deployment. Spouses may feel they need to give up doing things they enjoyed during the deployment, which may lead to resentment. Airmen may feel left out or excluded due to Spouses' increased independence



# *Independence*

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- **Actions Spouses Can Take:** Don't assume life will be as it was before or during the deployment. Take into account your Airman's preference about household decisions. Be willing to compromise.
- **Actions Airmen Can Take:** Respect and appreciate your Spouse's decisions that were made during the deployment. Your home life will likely be different than it was before you deployed. Don't fix what's working; ask how you can help.





# *Navigating the Air Force System*

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- **During deployment Airmen:** Followed rules and regulations.
- **At Home, Spouses:** Navigated the Air Force environment, using available resources in order to better integrate into the military community.
- **Potential Conflicts:** Spouses may be angry and resentful for having to deal with a complicated, bureaucratic organization (TRICARE, DEERS, etc.) while Airmen were gone.



# *Navigating the Air Force System*

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- **Actions Spouses Can Take:** Continue learning the Air Force system by asking questions. Be patient, it takes time. Recognize that you need to maintain the skills you obtained for future deployments and separations.
  - **Actions Airmen Can Take:** Share all information you have about Air Force services with your Spouses. Recognize that it can be difficult to navigate the Air Force system; help your Spouse with the navigation.



## *Denial of Self (Self-Sacrifice)*

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- **During deployment Airmen:** Literally put their lives on the line for their fellow Airmen in service of their country.
- **At Home, Spouses:** Often sacrificed their own needs and desires (careers, educational goals, proximity to family and friends, etc.) by placing their needs last.
- **Potential Conflicts:** Both Spouses and Airmen may feel that they have sacrificed a lot and are not being fully appreciated.



## *Denial of Self (Self-Sacrifice)*

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- **Actions Spouses Can Take:** Tell your Airmen that you appreciate his/her sacrifice and that you know that being an Airman is difficult.
- **Actions Airmen Can Take:** Be aware that you are not the only one making sacrifices. Show your Spouses how much you appreciate his/her hard work and encourage them to pursue his/her own interests.



# ***Cues Spouses Might Need Help***

**If any of the following are severe,  
persistent or interfere with your daily life:**

- **Feeling depressed and down**
- **Repeated crying episodes**
- **Feeling angry, tense, irritable, hopeless and/or resentful**
- **Difficulty sleeping or sleeping too much**
- **Significant appetite changes**
- **Not finding fun in things previously enjoyed**
- **Using medications, illegal drugs or alcohol to cope**
- **Taking out frustrations on others**
- **Suicidal or homicidal thinking, intent, or actions**
- **Isolating yourself or withdrawing from important relationships**
- **Family, coworkers or friends tell you that you need help**



# *Cues Airmen Might Need Help*

**If any of the following are severe,  
persistent or interfere with your daily life:**

- **Strong memories, nightmares or sleeping problems**
- **Easily startled**
- **Conflict, arguing, anger and hostility**
- **Excessive use of alcohol or other substances**
- **Performance problems at work or home**
- **Distant from Spouse or children; talking of a divorce or separation unwanted by Spouse**
- **Aggressive driving**
- **Feeling down or not able to enjoy life; not making future plans**
- **Family members or friends tell you that you need help**
- **Suicidal or homicidal thinking, intent, or actions**



# ***Cues Children Might Need Help***

***Look for changes in how your child normally behaves and problems that persist:***

- **Irritability, problems controlling his/her temper**
- **Getting into fights, hitting, biting, and/or kicking**
- **Having problems paying attention or sitting still**
- **Withdrawing from friends, becoming a loner at school or at home**
- **Being unhappy, sad or depressed**
- **Academic problems**
- **School personnel, friends, or others tell you that your child needs help**



## ***Additional Resources for Families***

- **Military OneSource (800) 342-9647**
- **Military Chaplain or Civilian Religious Personnel**
- **Installation Airman & Family Readiness Center**
- **Installation Mental Health**
- **Installation Family Advocacy**
- **Military Family Life Consultant (Adult & Youth)**
- **Installation School Liaison Officer/School Counselor**
- **Squadron Key Spouse**
- **Squadron First Shirt/Supervisor**