



Sex, Intimacy, and Trust...Deployment Issues

Trust

- What is your level of trust in general and regarding sexual fidelity?
 - Deployment will not make pre-existing challenges go away
- Concern for unfaithfulness is more common than the occurrence
- Accusations have a damaging impact on your relationship
- Deployment does not cause a partner to be unfaithful; if infidelity occurs, counseling can address underlying issues
- If your relationship is overall satisfactory now, it is unlikely infidelity will take place

Intimacy and Sex

- Not the same thing – intimacy is the emotional connection in a relationship
- Separation can impact intimacy; however, frequent communication during deployment can help maintain intimacy
- Sexual intimacy can resume instantly, though temporary awkwardness is common
- It is important to get reacquainted, take things slow, and talk

Barriers

- It is unrealistic expectations about how communication during deployment will go
- Concerns about infidelity
- Negative feelings about separation (yours or partner's)

Communication Is Key

- Helps maintain emotional connection
- Good for morale (at home and away)
- Make communication plans before the deployment
- Use a variety of methods (letter, email, phone, Skype, audio CDs, videos, care packages)
- Patience
- Responses aren't always quick from a deployed loved one
- When calling home, may not always get someone

Where to Seek Help (Resources)

- Wing Director of Psychological Health
- Chaplain
- Military and Family Life Consultant
- Airman and Family Readiness Program Manager
- Military One Source 800-342-9647
- VA/Vet Center
- www.wingmanproject.org