

SPOUSES and FAMILY TRANSITION

Celebrate Recovery®

Celebrate Recovery Welcome Home Groups are a safe place for veterans and their family to connect. Most military families miss the camaraderie that the military culture provides. This can be achieved through Celebrate Recovery and Welcome Home Open Share Groups.

Exploring the Issue of Spouses and Family Transition

(Spouse) Do You:

- Feel a disconnect in your social interaction with one another?
- Feel as though you cannot reconnect after deployment?
- Experience outbursts of anger or physical violence when you disagree?
- Feel a loss of independence after the spouse returns to the home?
- Feel as if your role in the home is threatened?
- Feel unwilling or unable to give up the “final say” in decision making?
- Assume your spouse would jump back in when they returned?
- Miss the way things were pre-deployment?
- Feel undetermined in the home?

(Veteran) Do you:

- Become nervous when someone rearranges the furniture?
- Feel afraid to comment on household decisions without backlash?
- Struggle with a lack of military culture and discipline in the home?
- Feel you no longer have a role in the home?
- Feel emotionally withdrawn or unable to relate to your spouse?
- Struggle to communicate in a way that your spouse can hear?
- Miss the sense of belonging born of unit cohesion and the military culture?
- Miss the sense that “I’m part of something important and bigger than myself”

How We Find Recovery

Through a relationship with Jesus Christ as Savior and Higher Power, and by working through the 8 recovery principles and the Christ-centered 12 steps, we can find freedom from our hurts, habits, and hangups.

Characteristics of Spouses and Family Transition may include but are not limited to:

- Working together to understand your styles of communication.
- Taking time to discuss decisions made during deployments to create an understanding of the new normal.
- Consider past immersion into military culture of command structures.
- Improving problem-solving and decision-making skills by renegotiating roles.
- Allowing each other space to process new changes.
- Seeing the transition as a challenge to overcome or a mission to complete. Setting up phrases or tasks to work on.
- Carefully setting family priority as a team.
- Re-engaging in spiritual activities together i.e. prayer, Bible reading, and church attendance
- Celebrating small victories together.
- Connecting with Celebrate Recovery and your local church for a sense of belonging
- Attending Large Group weekly and participating in Welcome Home Open Share Group.
- Joining a Celebrate Recovery Step Study Group.
- Reaching out to fellow veterans, inviting them to Celebrate Recovery, supporting them in their mission to overcome hurts, habits and hang-ups.

