

Managing Separations

Like anything else in life, deployments and separations can be turned into positive, growing times for all concerned. ♣ When your spouse deploys, **you choose** how you will cope with the separation. You can choose to get depressed, lonely, and angry; or you can choose to take control of your life and turn the separation into a time of accomplishment and increased self-knowledge. ♣ Get busy. Watching the clock and the calendar will hurt both you and your relationship. It will also make the separation time pass by more slowly. ♣ What a wonderful opportunity for you to get to know yourself, your preferences, and your own special needs. ♣ Remember that any self-improvements you make will also help improve your relationship. If you have children, they will also have fewer adjustment difficulties because you will be going beyond just coping, and they will learn from you how to turn potential negatives into positives.

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FFSC Norfolk	444-2102
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FFSC Northwest	421-8770
FFSC Oceana	433-2912
FFSC Yorktown	887-4606
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Name _____ Phone () _____

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IN CASE OF EMERGENCY PLEASE CONTACT _____

Cut card at dotted line and keep in wallet.

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