

# REAL LIFE REAL TALK

## RECONNECTING AFTER DEPLOYMENT



**The homecoming is over. Now it's time to reconnect and build your new normal together.**

### RENEGOTIATE ROLES



**Talk about who is responsible for routines and responsibilities now that you're reunited. Responsibilities may have changed during deployment.**

### SET REALISTIC EXPECTATIONS



**Give yourself time to adjust. Reconnection doesn't happen overnight, and compromise is part of the process.**

### COMMUNICATE OPENLY



**Share your thoughts, needs, and concerns. Listen to understand, not just to respond.**

### MAKE TIME FOR FUN



**Reconnect through shared activities, date nights, hobbies, or new experiences together.**

### BE PATIENT

**Both of you have grown and changed during your time apart. Allow space for adjustment and rediscovery.**



### NEED MORE SUPPORT?

Contact [Marine Corps Family Team Building \(MCFTB\)](#) about the Reintegration Success workshop, designed to help couples navigate the transition after deployment. Strong relationships take time, communication, and teamwork.