The Military Deployment Cycle ... or The Military Family Life Cycle

Pre-deployment Conflict & Previous Stressor pile-up

Family readjusts Consequences
for behavior

Pre-deployment Stress – anxiety and concern

Soldier Deployment

Deployment

Separation

Stress – Depression & Anxiety

Family Adjustment w/o Soldier in Home – Out-of-Ordinary Behaviors

Reunion and homecoming – joy and anticipation

Relationships and

Revitalize

"honeymoon"

Pre-reunion Stress – anxiety and worry about behavior away

