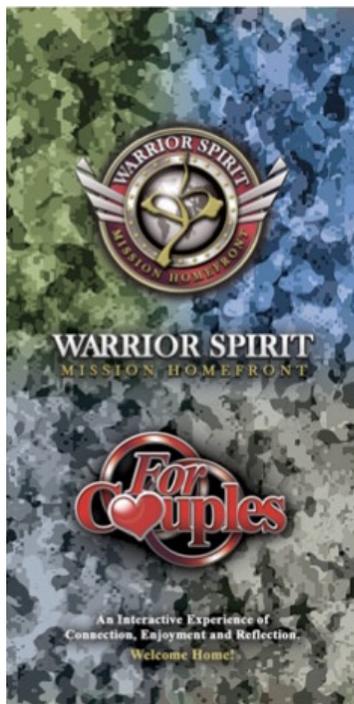


WARRIOR SPIRIT – MISSION HOMEFRONT

Couples Guide



- For couples, it is best to have each couple at their own game. It is a very intimate experience.
- Explain that Warrior Spirit Mission Homefront for Couples is a vital opportunity for Service Members and their partners to share, process, communicate authentically and openly, and strengthen and reclaim their connection and passion.
- Explain to the participants that Warrior Spirit is a place to reflect, relax and it is a communication tool to assist in having enjoyable communication together. We understand that their spouses are the people who can best understand them.
- They are part of a unique culture of individuals who have taken the oath to protect our nation, and as such they face unique challenges. We know that reintegration and opening up after these experiences can be profoundly difficult work. We also know that their spouses have faced and face difficult challenges, and Warrior spirit provides them with a safe and sacred space to be together and to share their journeys. Here is a valuable tool that can make all of the difference.
- The questions range from fun and light, to more thought-provoking and complex, and everyone participates. If a question is stressful, the Service

Members always have the option to choose a question on the card other than what they roll on, or to pass. If a question becomes stressful, simply take a moment, take a deep breath, possibly hold hands, and have the next person take their turn. There is no focus on outcomes, it is simply a place to be yourself.

- Explain that it is understood that the idea of communication, following an extraordinary experience, trauma or even a long separation, as in a combat deployment, is often the most difficult challenge for military personnel. It is widely understood that an interruption in the ability to communicate thoughts, feelings and beliefs often results in a sense of profound isolation and exclusion. When Native American Indians came back from battle, they spent weeks telling their stories to their elders, and were dignified in this. This culture understood the need for our stories to be told. Warrior Spirit Mission Homefront was created in order to help to build bridges back into authentic connection and sharing.
- By offering thoughtful, pre-designed questions which can be used to illicit meaningful conversations with caring others, Warrior Spirit helps to build trust and pathways for reconnection with one another.
- We hope that through participating in Warrior Spirit Mission Homefront, you will understand more about the vital role you play for our nation, and the personal strength it takes to do so successfully. We hope that Warrior Spirit Mission Homefront offers refuge, hope and healing to you and to your spouse who have so courageously and faithfully served our country.

Then, explain the directions, and let them go. 45 minutes to an hour is a good length of time. Following “game” play – you might want to have an open discussion regarding anything anyone may wish to discuss about anything that came up during “game” play.