

# WARRIOR SPIRIT – MISSION HOMEFRONT

## Group Guide



- Have four to six people at a game.
- Explain to the Service Members that Warrior Spirit Mission Homefront is a place to relax and reflect, and it is a communication tool to assist in having enjoyable communication with those who want to understand them. We understand that Service Members understand one another, speak the same language, and are best at healing one another. Warrior Spirit will illuminate how each Service Member has been impacted.
- 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. 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 with others in their community.
- By offering thoughtful, pre-designed questions which can be used to elicit meaningful conversations with caring others, Warrior Spirit helps to build trust and pathways for reconnection.
- 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 who have so courageously and faithfully served our country. Then, explain the directions, and let them go. 45 minutes is a good length of time, although some groups may want to play for longer. You can also have longer sessions in which each group participates for a half hour, and then switches group members so that each Service Member will have the opportunity to bond with more people. This would be particularly useful for single Service Members and groups. 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.