

## Small Group Guidelines

1. Keep your sharing focused on your own thoughts, feelings, and actions. Please limit your sharing to three to five minutes.
2. There is NO cross-talk please. Cross-talk is when two people engage in a dialogue during the meeting. Each person sharing is free to express feelings without interruptions.
3. We are here to support one another. We will not attempt to “fix” one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

### Accountability Team Phone Numbers

Sponsor \_\_\_\_\_

Accountability Partners

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Celebrate Recovery®

WELCOME HOME VETERANS  
SPOUSES AND FAMILY  
TRANSITION

The Problem and the Solution

Celebrate Recovery Welcome Home Groups are a safe place for veterans and their family to connect. Most military families miss the camaraderie that the military culture provides. This can be achieved through Celebrate Recovery and Welcome Home Open Share Groups.

## The Problem

### (Spouse) Do you:

- Feel a disconnect in your social interaction with one another?
- Feel as though you cannot reconnect after deployment?
- Experience outbursts of anger or physical violence when you disagree?
- Feel a loss of independence after the spouse returns to the home?
- Feel as if your role in the home is threatened?
- Feel unwilling or unable to give up the “final say” in decision making?
- Assume your spouse would jump back in when they returned?
- Miss the way things were pre-deployment?
- Feel undermined in the home?

### (Veteran) Do you:

- Become nervous when someone rearranges the furniture?
- Feel afraid to comment on household decisions without backlash?
- Struggle with a lack of military culture and discipline in the home?
- Feel you no longer have a role in the home?
- Feel emotionally withdrawn or unable to relate to your spouse?
- Struggle to communicate in a way that your spouse can hear?
- Miss the sense of belonging born of unit cohesion and the military culture?
- Miss the sense that “I’m part of something important and bigger than myself?”

## The Solution

- Work together to understand your styles of communication.
- Take time to discuss decisions made during deployments to create an understanding of the new normal.
- Consider past immersion into military culture of command structures.
- Improve problem solving and decision making skills by renegotiating roles
- Allow each other space to process new changes
- See the transition as a challenge to overcome or a mission to complete. Set up phases or tasks to work on.
- Carefully set family priorities as a team.
- Re-engage in spiritual activities together: i.e. prayer, Bible reading, church attendance.
- Celebrate small victories together.
- Connect with Celebrate Recovery and your local church for a sense of belonging.
- Attend Large Group weekly and participate in a Welcome Home Open Share group.
- Join a Celebrate Recovery Step Study Group.
- Reach out to fellow veterans, invite them to Celebrate Recovery, support them in their mission to overcome hurts, hang-ups, and habits.