PRE-DEPLOYMENT COUPLES DISCUSSION GUIDE

Facilitating Intentional Conversation Between Husband & Wife Before Separation

HOW TO USE THIS DISCUSSION GUIDE

Option 1: Each write your thoughts ahead of time individually, then meet to discuss and update your copies together.
Option 2: Grab this guide together, read through each section, and write your thoughts as you talk.
(Filling this out in isolation without discussing together defeats the primary purpose of this guide.)

1. COMMUNICATION AVAILABILITY & EXPECTATIONS

Channel	Expect to use?	Planned Frequency with Family
Email	[ ] Yes [ ] No	
Phone Call	[ ] Yes [ ] No	
Video Call	[ ] Yes [ ] No	

2. BUILDING YOUR RELATIONSHIP WITH GOD

In what ways do you plan to continue building your relationship with God throughout deployment?

- [ ] Consistently read the Bible
- [ ] Consistently pray **When/Where?** _____
- [ ] Read Books **Which Ones?** _____
- [ ] Listen to Sermons **Whose/How?** _____
- [ ] Attend / Start a Bible Study
- [ ] Maintain contact with elder / community group leader **Who & How often?** _____
- [ ] _____

3. BUILDING YOUR RELATIONSHIP WITH YOUR SPOUSE

In what ways do you plan to continue building your relationship with your spouse throughout deployment?

- [ ] Read a book(s) together and discuss over phone/email
- [ ] Pray together over phone/email
- [ ] Relieve burdens from my spouse: _____
- [ ] _____
- [ ] _____

4. BUILDING YOUR RELATIONSHIP WITH YOUR CHILDREN

In what ways do you plan to continue building your relationship with your children throughout deployment?

- [ ] Read books to them aloud on a recorded format before deployment
- [ ] Read books to them during deployment
- [ ] Write letters / emails / phone calls to them
- [ ] Speak positively about the deployment and/or our role in it
- [ ] _____
- [ ] _____