



Ways to Stay Stressed Out During Deployment

- Worry about everything!
- Focus only on the negative, and get rid of any and all positives.....
- Feel sorry for yourself.....
- Expect the worst- and even find it!
- Hold tightly onto your problems and mistakes.....
- Do not forgive!
- Find daily discouragement and dissatisfaction.....
- Practice my way or the highway!
- Be critical of others as well as yourself...
- Harbor grudges

