

Be Proactive. As you came home, family, friends, and acquaintances all have taken time to tell you how glad they are you are back and how proud they are of what you have done. Most of this has probably been very welcome. You also may have been offended by things friends, family, or acquaintances have said to you about your service or the war. They may not know that they irritated or offended you. If they do know, they may not understand why. You may look back on how you handled the situation and feel you did the best you could under the circumstances; then again, you may wish you had done something differently.

- **Most meaningful moments.** List the 3 things that people have done to welcome you home that meant the most to you. If you have not already thanked your loved ones for what they have done, write down one thing you could do to thank them.

Event 1: _____

Thank you: _____

Event 2: _____

Thank you: _____

Event 3: _____

Thank you: _____

- **Most offensive moments.** List the 3 things that people have done that have bothered you the most. Try to be specific about exactly what happened—include both their actions and your reactions. Next, try to describe why each of these events was a problem for you; why did each incident offend you? Finally, compare what you actually did with what you wish you had done. Write down what you would like to do the next time this type of thing happens or what you would like to do to prevent it from happening again in the future. If this event occurred with a close friend or family member, sharing the thoughts you have written down in this exercise may help them to better understand what happened.

Event 1: _____

Problem: _____

Solution: _____

Event 2: _____

Problem: _____

Solution: _____

Event 3: _____

Problem: _____

Solution: _____