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