

DEBRIEFING WRITING PROMPT

Maybe you had to leave your time overseas quickly. There is grief and lots of swirling emotions. Use these writing prompts to begin to process:

WHAT LOSSES DID YOU EXPERIENCE?

WHAT HOPES DIDN'T GET REALIZED?

WHAT WOULD HELP BRING CLOSURE TO THESE EMOTIONS?

WHAT'S ONE FIRST STEP YOU CAN BEGIN TODAY?

WHAT POSITIVES/POSSIBILITIES CAN YOU SEE?

BEING HEARD IS THE MOST CRUCIAL THING NEEDED FOR A HEALTHY RETURN. SHARE THIS WITH SOMEONE SAFE