



During Deployment

Survival Tactic 25: Encourage Your Spouse

(Excerpt from the book *America's Hidden Heroes: Survival Tactics for the Families of our Military Forces*)

Most of our wonderful service men and women will go through periods of discontent, sadness, homesickness, fear, and worry while they are away. The greatest gift you can give your loved one is support, encouragement, and prayer.

Stand by your spouse, and put their emotional needs ahead of your own. This is a hard pill for some to swallow, but I stand firm in saying that anyone who is deployed, serving our country during wartime, and risking their life to protect mine DESERVES to have their emotional needs taken care of prior to those of us who are safely existing in our great country.

I am not suggesting that you fail to talk about how you feel, but please be aware that our lives, however stressful in their absence, is quite safe, calm and simple compared to our troops in combat. Pray for them, be strong for them, and take care of them. I believe that it is our duty as Americans to do so.

Questions to consider:

- How can I encourage my spouse?
- What will I communicate with my spouse?

With a firm belief that she is serving her country as a military wife, **Amy Stevens**, author of *America's Hidden Heroes: Survival Tactics for the Families of our Military Forces*, shares methods for improving relationships and dealing with the emotions that surround a deployment. Her book can be purchased from [Amazon.com](https://www.amazon.com) or from the [America's Hidden Heroes website](http://AmericasHiddenHeroes.com). She's available for speaking engagements and can be reached by calling (512) 259-4757 or by sending an email to amy@americashiddenheroes.com.