



Managing Your Expectations

Here are some key points to remember about coming home and reintegration in general:

Setting up realistic expectations

Sometimes we may not even realize we have certain expectations until we get disappointed or frustrated when things don't go as they "should." Realistic expectations for yourself and your family can greatly improve your reintegration experience.

Coming home day

The day of your reunion will be highly emotional for everyone. Try to be aware of and even name your different feelings. Realize your family will also have intense, conflicting feelings. Your family will be overjoyed to have you home, but they will wonder how things might change at home with your return.

Re-connecting with your family has no timetable

Don't be surprised if you feel uncomfortable and disconnected for some time from your family. Everyone has changed. You will need to go slow and spend time getting to know your family again – and letting them get to know you, too.