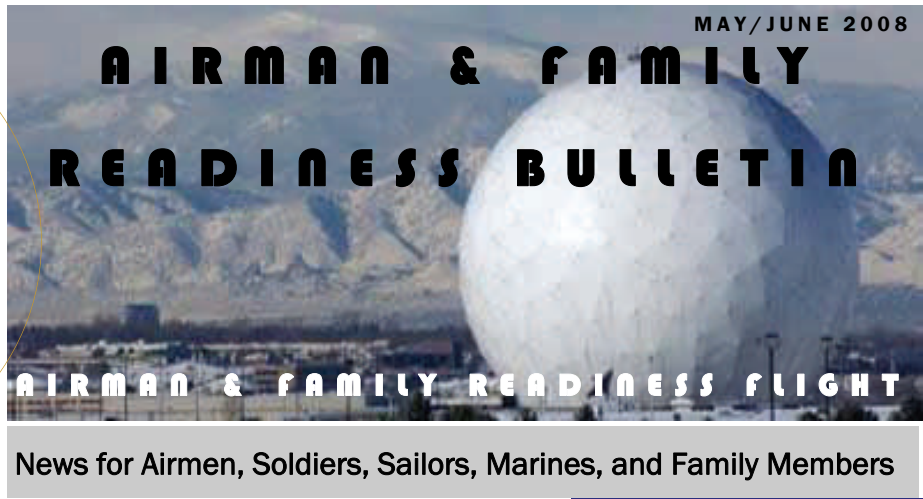
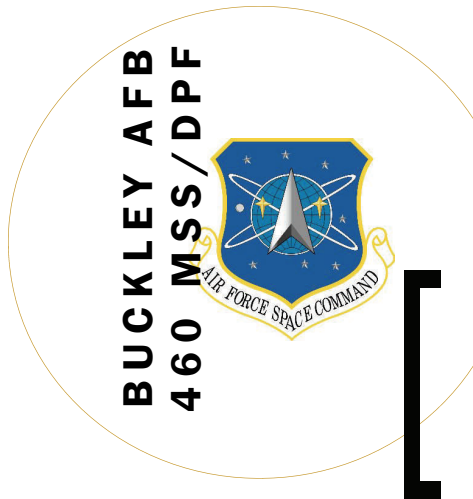




READINESS COLUMN COUPLES COMMUNICATION

Have you ever heard the old saying that actions speak louder than words? Research supports this claim. The words we use only account for 7% of communication, whereas body language and how we say it accounts for the remaining 93%. (Source: Mehrabian, Albert. *Silent Messages*). These statistics shouldn't be that alarming. When you stop and think about it, every behavior communicates something. Walking away from a conversation and eye rolling, for example, communicates to speakers that you are not

interested in what they have to say, are uncomfortable with what they are saying, or do not take seriously what they are trying to say. Sound familiar?

According to the Prevention & Relationship Enhancement Program (PREP®) researchers, "Communication and conflict patterns are among the best predictors of marital problems in the future, and they are also patterns you can do a lot about—to prevent, or to change!" These researchers have identified four communication danger signs

for couples to look out for.

ESCALATION

Occurs when the couple becomes more and more negative in their responses. They continue to up the ante (e.g., "I'll see your one and raise you two!"). This is also called "sequential negativity," as it becomes a cyclical process or vicious cycle. As soon as you recognize escalation, throw a wrench into the cycle by calling a "time-out," engage in an activity that will calm you down, then call "time-in" to safely finish the discussion.

(Continued on page 2)

SPOTLIGHT



CAREER COACHING WORKSHOP

The Career Coaching Workshop takes place the second Friday of every month from 1300-1600. This workshop is attached to the Transition Assistance Program but remains open to any ID cardholder who would like to explore their career

options or validate their career goals. If you're unsure of what career path to take, looking for a career that taps into your talents, or unsure of how to reach your career goals, you don't want to miss out on this opportunity. During the workshop, you'll

(Continued on page 2)



Donald Wood completes one of many vocational card sorts to explore his interests.

Services Offered

- Air Force Aid Society** (Loans/Grants)
 - Includes assistance through the Navy/ Marine Corps and Army Emergency Relief Societies
- Career Focus**
 - Annual Job Fair
 - Career Coaching/Job Search Strategies
 - Resume Writing/Interview Assistance
 - Spouse Employment Assistance
- Personal & Family Life Education**
 - Family Retreats
 - Heart Link Spouse Orientation
 - It's All About Us
 - Marriage 101 Series
 - One-on-one Couples Education
 - The 7 Habits of Highly Effective People
- Family Readiness Assistance**
 - Car Care Because We Care
 - Deployed Family Events/Phone Cards
 - Give Parents a Break
 - Operation Enduring Strength
- Information & Referral**
- Leadership/Unit Consultation**
 - Assess Strengths and Needs
 - Team-Building Workshops
 - Unit Service Planning
- Personal Financial Management**
 - Budgeting/Power Pay Debt Reduction
 - Bundles for Babies
 - Credit Report Review
 - Investment/Retirement Education
- Relocation Assistance**
 - Individual Relocation Assistance
 - Sponsor Training
- Transition Assistance**
 - Job Search/Vocational Assessments
 - Pre-Separation Counseling
 - TAP Workshop and Career Coaching

Location

Building 606, Room 140
All branches welcome!

Hours of Operation

Monday through Friday, 0630-1730
0730 to 1630, Emergency Walk Ins
& Discovery Center Usage
All Other Times, Appointment Only

READINESS COLUMN

(CONTINUED FROM PAGE 1)



INVALIDATION

Subtle forms of invalidation include “band-aiding” and false reassurance. Band-aiding occurs when your partner attempts to prematurely solve the issue, like telling you, “Just quit your job if you don’t like it!” But of course, this doesn’t validate what you’re feeling at the moment. False reassurance includes statements like, “It’ll be okay!” It’s a false reassurance because that person cannot know with 100% certainty that it *will* be okay. These subtle forms of invalidation tend to stem from that person’s discomfort with your situation, need to fill the void with words, or love and concern for you (they just want the pain to end for you). To avoid invalidation, paraphrase what the other person has said. Paraphrasing does not mean

that you agree with what was said; it just helps the speaker feel understood. Remember, too, that there’s no pressure to solve the person’s problem. After all, validation is about feeling heard and listened to. Also, avoid clichés, like “Time heals all wounds” or “It could be worse.” Clichés do not address the person’s immediate feelings or state of mind.

NEGATIVE INTERPRETATIONS

Occur when couples unfairly assume the worst about what the other is thinking or doing. This will cause you to only see what you expected to see. These can also be thought of as the stories you tell yourself. For example, if your partner says, “I’d prefer to eat out rather than have your famous meatloaf,” you could tell yourself that either your husband hates your cooking or that he doesn’t want to see you go through the trouble of cooking. The next time you think you might be negatively interpreting your partner’s behavior, get more in touch with reality by challenging your

assumptions. If you find your interpretation to be valid, communicate with your partner what you don’t appreciate with “I” statements (e.g., “I feel hurt that you don’t enjoy my cooking.”).

WITHDRAWAL/AVOIDANCE

There are several forms of withdrawal, but it usually occurs when people physically walk away from a conversation or tune another person out (most often manifested in eye rolling and arm-folding). Avoidance is a form of withdrawal but occurs before the conversation begins. The person avoids the topic at all costs. The female will usually pursue while the male will usually withdraw, but not everyone fits that mold. Females, consider that your withdrawer might be avoiding the issue, not you. Males, consider that your pursuer might want to connect, not fight.

Remember this—how you *handle* the conflict is what has the greatest impact on the relationship, not the conflict itself.

To learn more about these topics, be sure to register for our upcoming couples communication classes. See the class calendar for dates on *It’s All About Us*, as well as the class descriptions on page 3. *Thriving Couples* is a one-day workshop at the base chapel on 10 May, 0900-1400, with free childcare. Your personality will be assessed to discover how you and your significant other approach communication, parenting, intimacy, and finances, which are hot spots for all relationships.

Please call 720-847-6681 to register.

Communication Danger Signs

Escalation

Invalidation

Negative
Interpretations

Withdrawal

CAREER COACHING WORKSHOP

(CONTINUED FROM PAGE 1)

identify your talents, transferrable skills, and career values/interests. Discover if these fall in line with your goals, learn how your personality influences your career choices, understand the changing nature of work and emotional

impact of any career transition, explore your options and create an action plan to meet your career goals. You’ll discover how to creatively capture your skills, career values/interests, and personality on your resume. Plus, you’ll leave with a

career development plan. Free tokens will also be provided to continue career exploration via vocational assessments (DISCOVER, Eureka, and the Myers-Briggs Type Indicator). After the workshop, you’ll

have the option of receiving follow-up coaching to successfully reach your goals, including individual attention on resume construction and interviewing.

Please call 720-847-6681 to register.

Workshop Descriptions

SEE CALENDAR FOR DATES AND TIMES OFFERED

ALL WORKSHOPS ARE HELD IN BLDG 606 UNLESS OTHERWISE SPECIFIED

SPACE IS LIMITED, SO PRE-REGISTRATION IS REQUIRED



Career Coaching Workshop

Whether you know or don't know what career to pursue, this workshop is for you! Identify your talents, transferrable skills, career values/interests, and discover if they fall in line with your career goal. Learn how your personality influences your career choices. Understand the changing nature of work and emotional impact of any career transition. Explore your options and create an action plan to meet your career goals. Receive follow-up coaching to successfully reach your goals, including individual attention on resume construction and interviewing. Discover how to creatively capture your skills, career values/interests, and personality on your resume. Leave with a career development plan. Free tokens will also be provided to continue career exploration via vocational assessments (DISCOVER, Eureka, and Myers-Briggs Type Indicator).

Deployed Family Member Event

A monthly get together for the family members of deployed, soon-to-be deployed, or those on remote tours. Open to all branches of service. Free meal or event and useful information provided by the Buckley Airman and Family Readiness Flight and guest speakers. The May and June event will be announced soon. Please call to RSVP!

Dept of Labor Job Search & Resume Review

Employment specialists from *Arapahoe/Douglas Works!* help veterans find employment, polish a resume, and access job search information. No appointment necessary.

GPAB (Give Parents a Break)

The Air Force Aid Society (AFAS) recognizes that Air Force families are subject to unique stresses due to the nature of military life, such as deployments, remote tours of duty, extended working hours, etc. Families are often separated from spouses, as well as from extended family members who might otherwise offer support. In an effort to help these families, the AFAS has funded the Give Parents a Break program (GPAB). The purpose of this program is to offer eligible parents a few hours break from the stresses of parenting. AF Active duty members assigned to Buckley, including ANG and AF Reservists activated for more than 30 days, may use this time to suit their personal needs. Other services are Space A. The AFAS pays the cost of opening the base Child Development Center (CDC) once a month for families referred to the program. Families using the center are not charged for the care.

Those eligible for GPAB include parents:

- Whose spouse is deployed or on a remote tour
- Whose spouse is on an extended TDY
- Who have been experiencing a family stressor, such as the birth of a new baby, serious/extended illness of family member, death in family, etc.
- Whose child has special needs
- Whose spouse has been required to work extensive extended shifts

Families must be referred by one of the following base officials:

- Squadron Commander/First Sergeant
 - Chaplain
 - Doctor or other medical professional
 - Family Advocacy Personnel
 - Airman & Family Readiness Flight
 - Child Development Center staff
- (See calendar for dates and times.)

It's All About Us: Couples Communication

A four-series class focusing on couples communication. Open to anyone in a serious relationship. Learn how to validate, listen *then* problem solve, avoid escalation, identify mistaken interpretations, play together, enhance and preserve friendship, fun, and sensuality. Certified trainers from Airman & Family Readiness and Family Advocacy will be on hand to provide coaching during and after classes. See the calendar for dates and times. It is highly recommended that you attend all four classes, as each builds upon the last. The more you invest, the greater the return.

Operation Enduring Strength

A deployed spouse peer support group (for those with spouses who are deployed, on an extended TDY, or remote tour). Process unique experiences and gather strength with a cup of coffee in hand. Gain support and validation from other spouses experiencing similar feelings of loneliness, detachment, emotional or physical fatigue, anxiety, guilt, isolation, etc. Share and learn coping strategies to endure the beginning, middle, or final stages of deployment/extended TDY. Be encouraged to thrive instead of just survive! Come when you can. Childcare not available. Due to the sensitive nature of discussion, adults only please. Held at the Barnes & Noble in the Aurora City Center (off Abilene St and near Super Target). You will receive \$2.50 toward the purchase of your coffee/snack.

Pre-Deployment Briefing

This is a mandatory briefing for military members who have been selected for a remote assignment, deployment or TDY for over 30 days. Personal, financial, legal, and practical matters

will be discussed. Spouses are encouraged to attend.

Pre-Separation Counseling

Mandatory to complete *prior* to TAP and prior to 90 days out of separation. Offered most Tuesdays for separating members and Wednesdays for retiring members—see calendar. The group will complete the DD2648 and discuss transition, employment search, etc.

Right Start Orientation

Mandatory for all incoming Air Force Active Duty personnel. The Military Personnel Flight will register you when you in-process. This program will ensure you are properly educated on what Team Buckley has to offer and what issues are unique to the base. Briefings are provided by Legal, Security Forces, OSI, Chaplains, A&FRF, Services, and a host of other base agencies. **Spouses are welcome to attend.** A free lunch will also be served!

(Located in Chapel Fellowship Hall)

Sponsor Training

A great first impression is essential to making new Team Buckley members feel welcome. If you have been assigned as a sponsor, this mandatory training provides everything you need to know to make it happen. Consultants can also provide mass trainings within units.

Transition Assistance Program (TAP) Workshop

Separating military members may take this class up to one year prior to their actual separation or two years before their retirement date. Prepare yourself for the transition to civilian life in this informative class. You will receive information on VA benefits, medical record reviews, how to prepare a resume, and how to prepare for an interview. Plus, your skills, interests, values, and personality will be assessed to help you make the best career decision. **Pre-separation counseling is a prerequisite.**

VA Briefing

If you would like to have your medical record reviewed prior to separating/retiring, you must register with the A&FRF to attend this mandatory briefing. In this briefing, you will learn how to obtain your medical records, etc. Upon completion of the briefing, you may schedule an appointment through the A&FRF to have the actual review. Note: You must be within 90 days of your separation date to have your medical records reviewed. (See calendar for dates and time.)

Airman & Family Readiness Center Calendar of Events

Page 4

Please call 720-847-6681 to register for classes/workshops

Walk-ins welcome for DoL Job Search and Resume Reviews

Sun	Mon	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY			To be announced: May Deployed Family Event	1 1230-1530 Dept of Labor Job Search and Resume Review	2 1100-1200 Pre-Deployment Briefing	3
4	5	6 0800-0930 Pre-Separation Counseling for <u>Separating</u> Members 1100-1200 Pre-Deployment Briefing	7 0800-0930 Pre-Separation Counseling for <u>Retiring</u> Members	8	9 0800-1100 VA Briefing 1100-1200 Pre-Deployment Briefing 1200-1500 Career Coaching Wkshp	10 0900-1400 Give Parents a Beak
Transition Assistance Program Workshop (TAP) 0800-1600						
11	12	13 0800-0930 Pre-Sep Counseling for <u>Separating</u> Members 1100-1200 Pre-Deployment Briefing 1500-1600 Sponsor Training	14 0800-0930 Pre-Separation Counseling for <u>Retiring</u> Members	15 1230-1530 Dept of Labor Job Search and Resume Review	16 1100-1200 Pre-Deployment Briefing 1500-1800 It's All About Us: Couples Communication	17 1000-1400 Military Family Appreciation Day Hangar 909
18	19	20 0800-0930 Pre-Separation Counseling for <u>Separating</u> Members 1100-1200 Pre-Deployment Briefing	21 0800-0930 Pre-Separation Counseling for <u>Retiring</u> Members 0800-1400 Right Start Orientation (Chapel Fellowship Hall)	22 1700-1800 Operation Enduring Strength (Barnes & Noble) *Training Day Office Closed	23 *Family Day Office Closed	24
25	26 H O L I D A Y*	27 0800-0930 Pre-Separation Counseling for <u>Separating</u> Members 1100-1200 Pre-Deployment Briefing	28 0800-0930 Pre-Separation Counseling for <u>Retiring</u> Members	29 1000-1400 Buckley Job Fair Hangar 909	30 1100-1200 Pre-Deployment Briefing 1500-1800 It's All About Us: Couples Communication	31

*We are closed but will assist with Air Force Aid Society (and other branch society) emergencies. Call 303-725-0175 for emergency assistance.

Airman & Family Readiness Center Calendar of Events

Page 5

Please call 720-847-6681 to register for classes/workshops

Walk-ins welcome for DoL Job Search and Resume Reviews

Sun	Mon	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	0800-0930 Pre-Sep Counseling for <u>Separating</u> Members 1100-1200 Pre-Deployment Briefing	0800-0930 Pre-Separation Counseling for <u>Retiring</u> Members	1700-1800 Operation Enduring Strength (Barnes & Noble)	1100-1200 Pre-Deployment Briefing 1500-1800 It's All About Us: Couples Communication	7
		Transition Assistance Program Workshop 0800-1600				
8	9	0800-0930 Pre-Separation Counseling for <u>Separating</u> Members 1100-1200 Pre-Deployment Briefing 1500-1600 Sponsor Training	0800-0930 Pre-Separation Counseling for <u>Retiring</u> Members	1230-1530 Dept of Labor Job Search and Resume Review	0800-1100 VA Briefing 1100-1200 Pre-Deployment Briefing 1200-1500 Career Coaching Workshop TAP 0800-1600	14
15	16	0800-0930 Pre-Separation Counseling for <u>Separating</u> Members 1100-1200 Pre-Deployment Briefing	0800-0930 Pre-Separation Counseling for <u>Retiring</u> Members 0800-1400 Right Start Orientation (Chapel Fellowship Hall)	1230-1530 Dept of Labor Job Search and Resume Review	1100-1200 Pre-Deployment Briefing 1500-1800 It's All About Us: Couples Communication	21
22	23	0800-0930 Pre-Separation Counseling for <u>Separating</u> Members 1100-1200 Pre-Deployment Briefing	0800-0930 Pre-Separation Counseling for <u>Retiring</u> Members	1700-1800 Operation Enduring Strength (Barnes & Noble) *Training Day Office Closed	1100-1200 Pre-Deployment Briefing	28
29	30			To be announced: June Deployed Family Event		



*We are closed but will assist with Air Force Aid Society (and other branch society) emergencies. Call 303-725-0175 for emergency assistance.

BIG EVENTS

Military Family Appreciation Day

Saturday, 17 May

1000-1400, Hangar 909

A family fun day with pony rides, a petting zoo, laser tag, bouncy castles, a climbing wall, carnival games, balloon animals, face painting, magic and science shows. You can visit several base agency booths, including Security Forces and the Fire Department (with their mascot). Free food and drinks also provided. Open to all branches of service, including active duty and reserve/guard. Free shuttle parking—watch for event signs.

Buckley Job Fair

Thursday, 29 May

1000-1400, Hangar 909

More than 75 employers in and outside the commuting area will be visiting Buckley Air Force Base, providing you the convenient opportunity to network. So polish your resume, find your best attire, and come on out to see what jobs are hot! Keep an eye out for a complete listing of employers and career fields. Registration not required, but you *must have access to Buckley Air Force Base.*

Contact the Editor:

olivia.pierce@buckley.af.mil

NEXT ISSUE

Readiness Column

Couples Communication
(continued)

Spotlight

The 7 Habits of Highly Effective
People Signature Series

MEET YOUR AIRMAN & FAMILY READINESS FLIGHT

Quote of the Month

**“Listen, or your tongue
will make you deaf.”**

-Native American Proverb



Drop by and visit with your Airman and Family Readiness Flight. We're here to assist you!

FLIGHT CHIEF

Cynthia Harrison

FAMILY READINESS NCO

MSgt John Azbell

COMMUNITY READINESS ASSISTANT

Traci Willett

FRONT DESK

720-847-6681

COMMUNITY READINESS CONSULTANTS (CRCs)

Louise Fantle

Adrienne Hanson

Olivia Pierce

Carolyn Smith

Sandy Whitaker



The Airman and Family Readiness Flight is part of the People Helping People Integrated Delivery System (PHP-IDS).

Along with the Chaplain, Family Advocacy, Equal Opportunity, Mental Health, Drug Demand Reduction, Family Programs, Services, and Health and Wellness, the PHP-IDS team is dedicated to enhancing the spiritual, emotional, mental, and physical dimensions of military members, dependents, and the surrounding community.

If you have concerns you would like addressed by this group, please contact Mr. Anant Jain at 720-847-9212.