

## **Supporting Transition Without Losing Yourself: A Home-Front Survival & 'Thrival' Framework**

Amid Operator Syndrome's toll (e.g., relational drift from TBI/PTSD), supporting transition risks self-loss. This framework merges "What I Need" self-care with Gottman's intimacy principles and "4 Ways" tactics to balance support and thriving.

### **Quick Self-Check**

- Energy split: 1-10, supporting vs. self—address allostatic overload's family strain.
- Burnout signs: Resentment from criticism/contempt (Gottman factors affecting intimacy).
- One boundary: E.g., weekly friend connection (relational need).

From "SOF Unique Families by COL Daniel Hart": Prolonged exposures amplify home-front burdens—prioritize self.

### **Tactics for Balanced Support**

- Parallel processing: Your growth alongside theirs—make time for deep talks ("4 Ways": Foster emotional intimacy without judgment).
- Check-ins: 20-min weekly, using ATTUNE (Awareness to Empathy)—seek understanding with 5 open-ended questions.
- Renewal: Express gratitude; try new things together ("Every positive action is foreplay")—fuel spiritual/relational needs.

From "Building emotional intimacy by Dr. Chris Phillips": "Do small things often...."

These tactics, from Gottman and intimacy guides, help sustain you amid SOF lifecycle risks. Valor provides home-front strategies to weave journeys, preventing drift.

**Ready to architect your next chapter? If you are navigating a pivotal shift and value depth, rigor, and discretion, reach out to begin the conversation.**

### **About the Author**

Dr. Chris Phillips is a clinical and performance psychologist with more than twenty years of experience optimizing human potential in the highest-stakes environments. After serving as the Clinical Psychologist for Special Operations Command Europe Headquarters (SOCEUR), he founded Valor Institute to guide Special Operations Forces, senior military leaders, intelligence operators, and their families into post-uniform lives of clarity, renewed purpose, and unbreakable alignment.

Valor Institute for Leadership and Legacy

Founder & Life Fulfillment Architect,

*Build with strength. Lead with clarity. Advance with purpose.*

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