

## **The Home-Front Leader's Guide to the Next Chapter**

### *A Valor Framework for Spouses Supporting Transition with Strength*

As the home-front leader, you've navigated prolonged deployments, trauma exposures, and high-stress demands—often facing Operator Syndrome's ripple effects like relational strain from allostatic overload. Transition re-architects everything; this guide, blending Gottman's Sound Relationship House with SOF family insights, empowers you to co-lead while reclaiming your path.

#### **Orientation: From Silent Support to Shared Summit**

- ☐ Acknowledge invisible service: Emotional labor amid SOF lifecycle risks (e.g., cognitive decline, endocrine issues)—build from Gottman's foundation of trust/commitment.
- ☐ Intentional pause: 30-90 day decompression, addressing Operator Syndrome symptoms like sleep disruption.
- ☐ Identify deferred needs: Use "What I Need" assessment—emotional (hugs/appreciation), physical (exercise/outdoors), spiritual (quiet time).

From "Understanding Operator Syndrome by Dr. Chris Phillips": Chronic stress leads to allostatic overload; home-front leaders often adapt last—start with self-awareness.

#### **Pillar I: Identity Reclamation**

- ☐ Detach from "military spouse" role: Remap via Love Maps (Gottman's Floor 1: Know each other's world).
- ☐ List strengths: Adaptability in SOF unique families—nurture fondness/admiration.
- ☐ Clarify values: Anchor in shared meaning (Gottman's top floor: Culture of rituals/symbols).

John Gottman, PhD: "A foundationally secure partnership is like a house... begins with knowing each other."

#### **Pillar II: Relational Inventory**

- ☐ Map shifts: Presence vs. tensions from trauma—avoid Four Horsemen; use ATTUNE for empathy.
- ☐ Highlight wins: Rituals from deployments building trust.
- ☐ Flag risks: Hyper-independence or resentment—ratio positivity:negativity >5:1 during conflict.

From "Building emotional intimacy by Dr. Chris Phillips": "Success of deeper intimacy based on building trust... listening to partner's pain."

#### **Pillar III: Vision Alignment**

- ☐ Individual goals: Qualitative, beyond logistics—address Operator Syndrome's family impacts.
- ☐ Shared legacy: 5-10 years? Create rituals (Gottman: "Creating daily/weekly connections").
- ☐ One ritual: Express gratitude for little things, per "4 Ways to Bring Back Intimacy."

John Gottman, PhD: "Sharing a common dream... fosters attunement."

**From Silent Carrier to Co-Architect** This guide, enriched with Gottman's house and SOF-specific insights, orients you to reclaim identity, inventory bonds, and align visions—fostering unbreakable alignment.

But depth requires guidance. Valor's tools integrate these for home-front resilience amid Operator challenges.

**You've mapped the terrain—now build the shared summit.** Book a no-obligation 20-Min Clarity Call (for you, your partner, or as a couple) to explore how Valor supports home-front leaders in turning transition into cohesive legacy.

*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.

Founder & Life Fulfillment Architect, Valor Institute.

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

 <https://leadwithvalor.com>

 [chris@leadwithvalor.com](mailto:chris@leadwithvalor.com)