

Veterans and military experiences

What I Want Understood About My Service

Adults | 10 to 15 minutes

Military experiences vary across roles, eras, identities, and circumstances. Service may bring pride, connection, difficulty, mixed feelings, or experiences you do not wish to discuss. Focus on what matters now rather than explaining or defending your whole service history.

Choose one current concern connected with service or transition. Details about deployment or traumatic events are optional.

Translate what matters

Name a skill, value, relationship, or routine from service that you want to keep, change, or understand differently in current life.

Match support to the need

Consider peer connection, employment support, healthcare, family communication, or help navigating services. Ask about actual eligibility and privacy rather than assuming a program applies.

1. What part of my service experience matters to my current life?**2. What strength or connection would I like to carry forward?****3. What transition or practical need requires support?****4. What would help a professional approach my experience respectfully?****Clinical use and adaptation**

Do not equate military service with PTSD, violence, or combat. Use culturally informed questions and client-chosen detail. Assess trauma, moral injury, substance use, and safety only as indicated; verify services and benefits separately.