

# From Service to Civilian Life

A reflection worksheet for veterans navigating identity, transition and purpose.

## Important

This resource is for information and self-support. It is not a substitute for therapy, medical advice, emergency care, or a personalised clinical assessment. If there is immediate danger to life, call 999 or go to your nearest A&E.; For urgent mental health support in England, call NHS 111 and select the mental health option.

## Purpose of this worksheet

Transition from service can affect identity, belonging, routine, purpose, family life and the way a person relates to the world. This worksheet is for reflection, not judgement.

### 1. Who I was in service

Roles, responsibilities and strengths I had: _____ _____ _____ _____	Parts of service I valued: _____ _____ _____ _____
What I miss: _____ _____ _____ _____	What I do not miss: _____ _____ _____ _____

### 2. What changed after service

- My daily routine changed.
- My sense of identity changed.
- My relationships changed.
- My body or health changed.
- My sense of purpose changed.
- My relationship with authority/systems changed.
- My sense of belonging changed.

### 3. What still belongs to me

<p>Skills I still carry:</p> <hr/> <hr/> <hr/> <hr/>	<p>Values I still hold:</p> <hr/> <hr/> <hr/> <hr/>
<p>Strengths others may not see:</p> <hr/> <hr/> <hr/> <hr/>	<p>Parts of me I want to protect:</p> <hr/> <hr/> <hr/> <hr/>

## 4. New mission, new terrain

A civilian life does not have to erase service. It can involve translating service strengths into new roles, relationships and forms of purpose.

<p>What matters to me now?</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>What kind of person do I want to be now?</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>A small next step this week:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Support I may need:</p> <p>_____</p> <p>_____</p> <p>_____</p>

## 5. Support map

- A person who understands service life: \_\_\_\_\_
- A person who helps me stay grounded: \_\_\_\_\_
- A professional/support service I can contact: \_\_\_\_\_
- A place I can go when I need space: \_\_\_\_\_
- A routine that helps me feel steady: \_\_\_\_\_

### Reminder

You are not required to have “moved on” in order to ask for support. Transition can be complex. The aim is not to forget who you were, but to build a life that can hold who you are now.