



Re-entry Reflection for Alumni

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Hi, I'm Cate!

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How long have you
been back home?

(use the chat)

Your re-entry so far?



1.



2.



3.

What **word** describes
your re-entry
experience?

My re-entry story



Why a
re-entry session
after your return?



Today's Goals:

1. Check in with you
2. Help you identify how to keep moving forward with greater **insight, meaning & ease.**



Re-entry...

Positives

Challenges

- "I miss the lifestyle, weather, food, and friends I made."
- "I thought re-entry was just the first few weeks back home. I had no idea it would hit me on a deeper and more intense level later on."
- "I'm frustrated that I can't explain how I've changed and grown."

- "I feel like nobody at home sees who I am NOW."
- "I didn't struggle with re-entry last time so I was shocked to struggle with it this time."
- "I feel more isolated and alone than I expected."

What makes
re-entry so
challenging?

1. You've changed





3. Questions


4. Relationships





5. Is this normal?

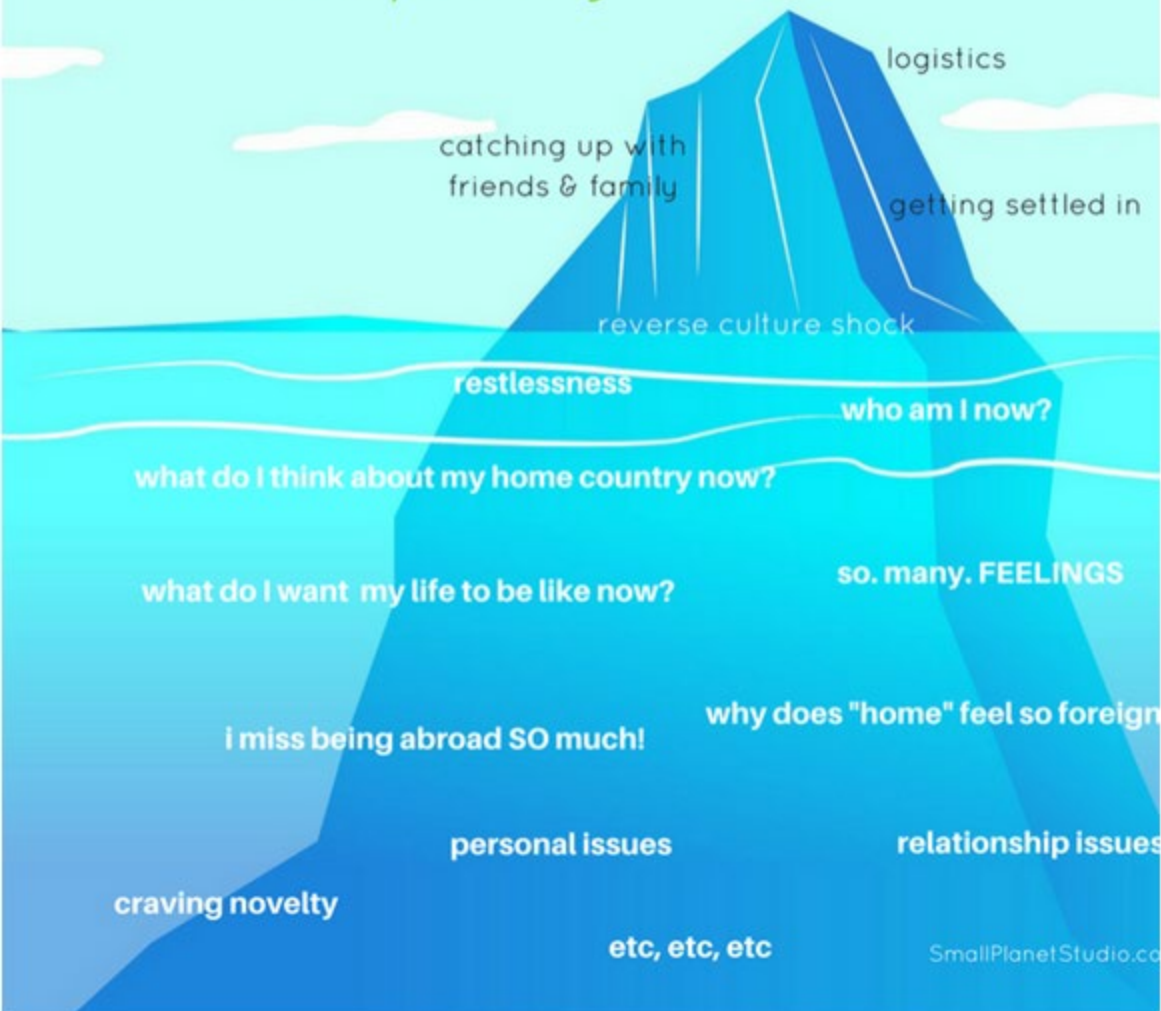
(Yes, it's all normal!)



Loss
Belonging
Relationships
Identity
Boredom

Why?

The Re-entry Iceberg



- Visible
- Emotion: low
- Early on
- Shared

- Invisible
- Emotion: high
- Surface later
- Individual

So, what to do?

Emotions

Core emotions
(e.g., fear, anger, sadness, joy, excitement)



Core emotions
(e.g., fear, anger, sadness, joy, excitement)

#1 - Avoidance
behavior



Core emotions

(e.g., fear, anger, sadness, joy, excitement)





Stay busy



Don't ask for help

A close-up photograph of a person's hands holding a smartphone. The person is wearing a black and white plaid shirt and a lanyard with a badge. The background is blurred, showing other people in a crowd. The text "Seek short-term distraction" is overlaid on the right side of the image.

Seek short-term
distraction

A photograph taken from the perspective of someone looking out of an airplane window. The wing of the aircraft is visible in the lower right foreground, extending towards the right edge of the frame. The sky is filled with large, fluffy white clouds, and the sun is setting or rising, creating a warm, golden glow across the entire scene. The light from the sun is diffused by the clouds, creating a soft, ethereal atmosphere. The overall color palette is dominated by the warm tones of the sunset and the cool blues of the sky and wing.

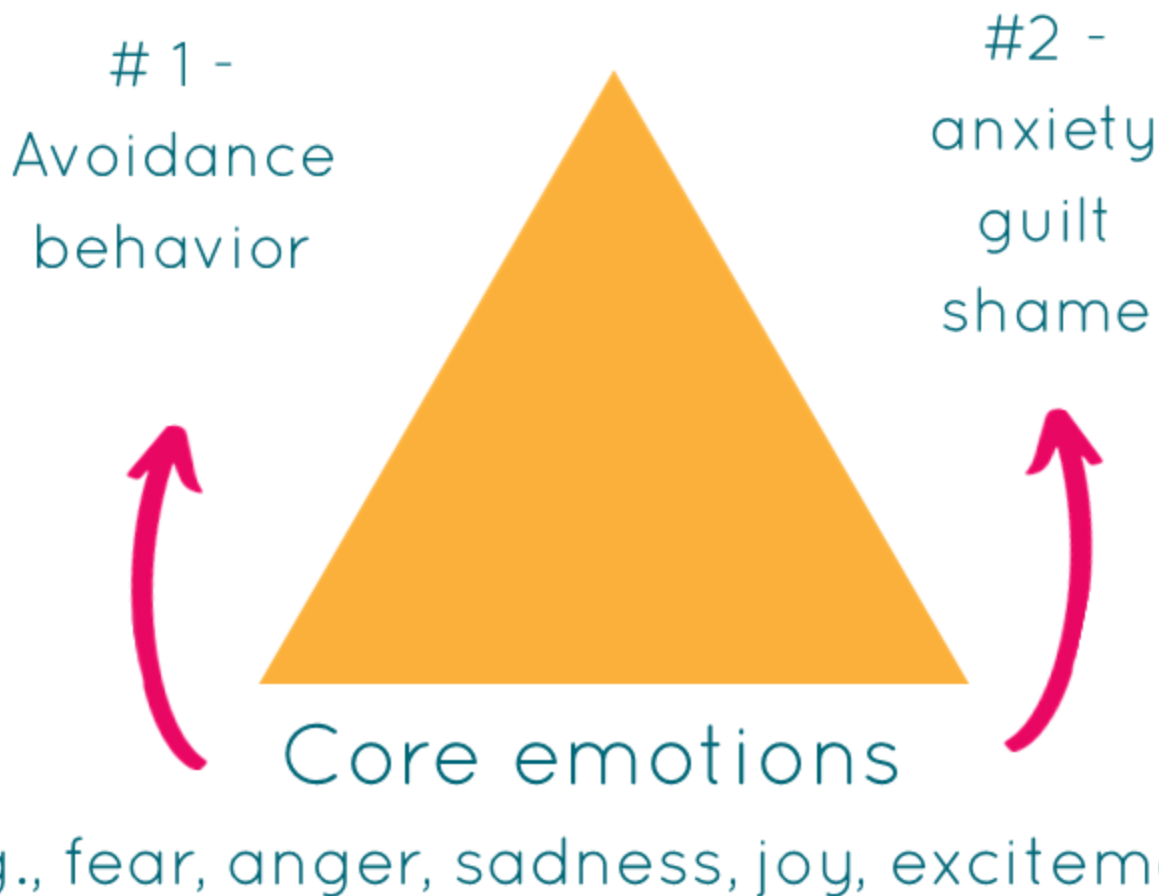
Go abroad again
IMMEDIATELY

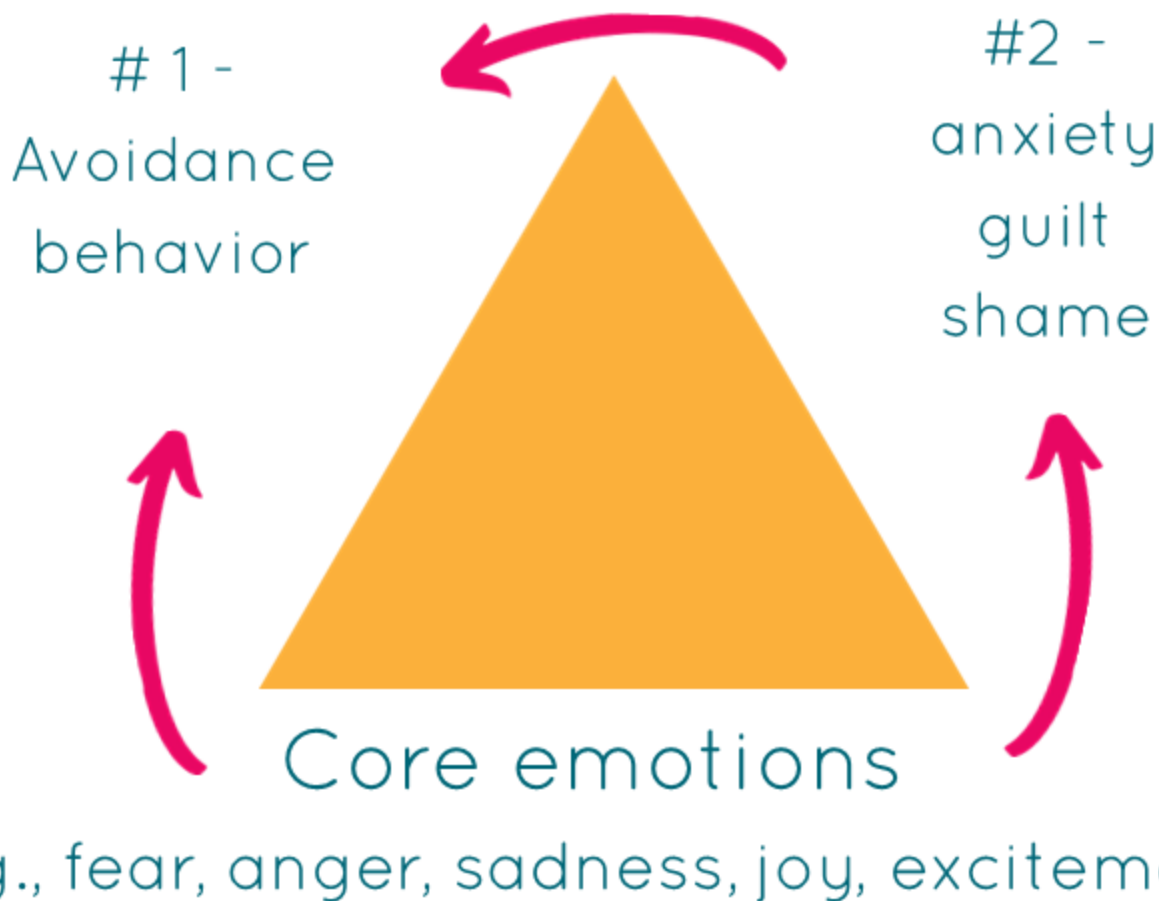


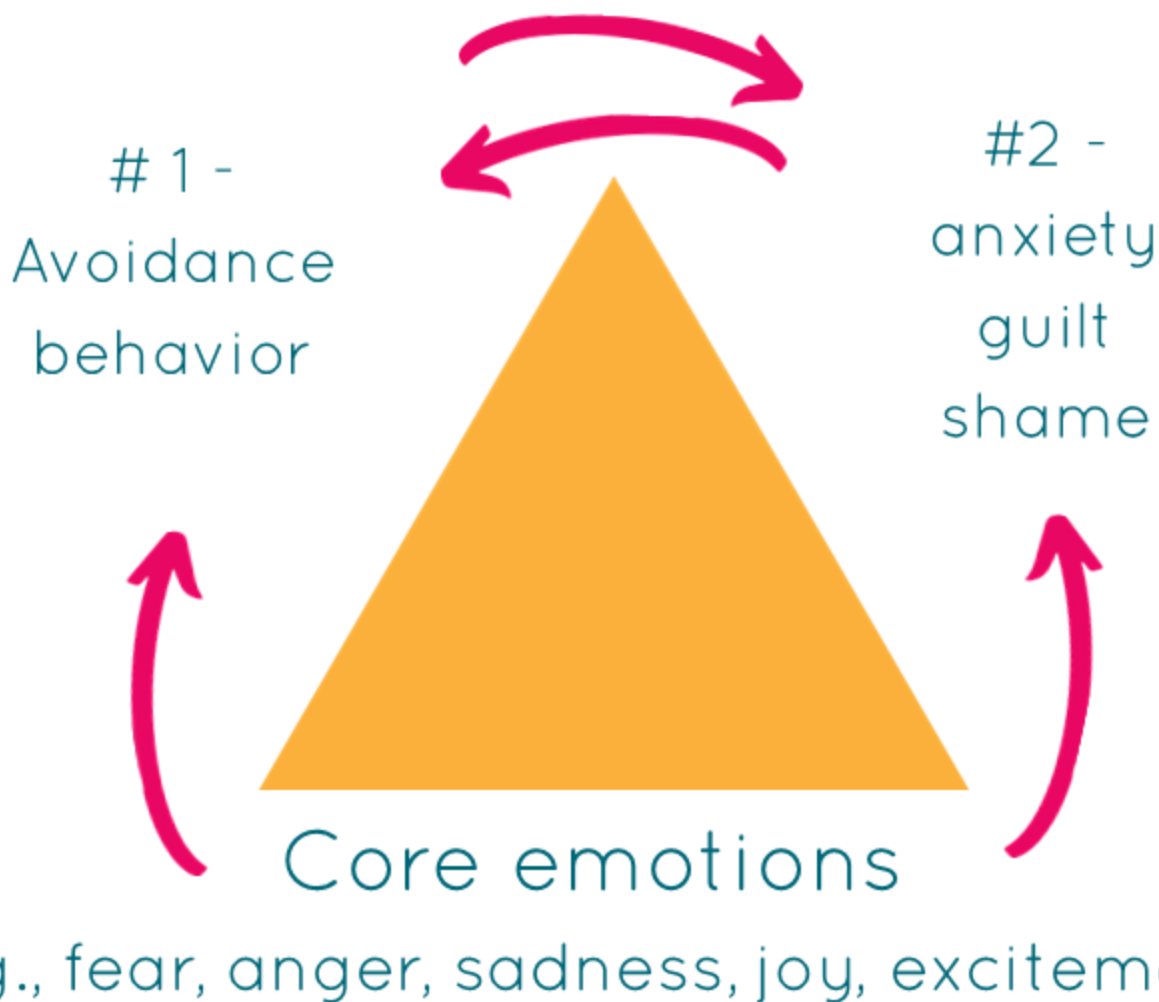
Get on with "real life"

Take it out on
friends & family









Solution?

Be curious.

(What am I feeling?)

Don't judge.

(It's ok that I'm feeling this.)

Let yourself feel.

(I'm going to stop and feel this emotion.)

Avoidance

How I Cope in Re-entry

1.

2.

3.

4.

5.

How I Cope...

When I feel _____,

I cope by _____.

When I do that,

I feel _____.

I want to keep/modify this coping strategy.

What are **your**
tips for re-entry?

Q & A

RE-ENTRY?



WE GOT THIS!

Thank you!