



# BROKEN RELATIONSHIPS-SUICIDE RECONSIDERATION

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that’s OK – but try to limit to one card for reference)

**Broken relationships** is the top contributing factor in Soldier suicides.

Ask Soldiers the following:

- Why do you think Soldiers are killing themselves over broken relationships?
- Why do some Soldiers handle relationship failures better than others?
- What advice would you give to your Battle Buddy who is going through a break up?

***How can Soldiers be better prepared for failed relationships?***

Support systems at Fort Bliss to help Soldiers be better prepared – discuss the following:

- **Comprehensive Soldier and Family Fitness (CSF2)** IAW CSF2, the spiritual equals your purpose, core values, beliefs, identity and life vision – what does this mean to you? and does your spirituality provide resilience for broken relationships and other bad things happening in your life

➤ **Strong Bonds** empowers Soldiers and their loved ones with relationship-building skills, and connects them to community health and support services.

➤ **Military and Family Life Consultants (MFLC)** offer support with topics ranging from “Facing the Challenges of Divorce” to “Grief and Loss”

**Spirituality** looks outside of oneself for meaning and provides resiliency for failures in life experiences.

- Emphasize the importance of the Soldier’s spiritual health
- Connectivity with a faith community helps to build resilience
- Connectivity with pro-active, preventive programs like **Strong Bonds** and **Military and Family Life Consultants** helps to build resilience

***SOLDIERS SHOULD NOT BASE THEIR REASON FOR LIVING IN ANOTHER HUMAN BEING!***