



BROKEN RELATIONSHIPS-SUICIDE RECONSIDERATION

TASK: Teach Soldiers the importance of supporting their Battle Buddy going through a broken relationship.

CONDITIONS: Discussion – Question based

STANDARDS: Understand the importance of broken relationships as #1 risk factor in Army suicides and the available support resources at Fort Bliss.

REFERENCE(S): AKO SP:

<https://www.us.army.mil/suite/page/334798> ; the Spiritual Dimension of Comprehensive Soldier and Family Fitness; and Military Family Life Consultants (MFLC).



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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?

BY USING THE FORT BLISS SUPPORT SERVICES



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Some of the 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”.



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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!