



# Transitioning Home Talk & Tips

One of the most difficult things as a first responder couple is the transition from home after the shift. It's not a switch that can be just be flipped. Talking about this early and often help make this time easier and smoother.

**WHAT DO YOU BOTH NEED AFTER THEY WALK IN THE DOOR?**

**HOW WILL YOU NOT TAKE IT PERSONALLY?**

**WHAT ARE SERIOUS THINGS YOU WANT TO DISCUSS LATER?**

**WHAT ARE THE PHYSICAL AND MENTAL SIGNS YOUR PARTNER IS COMING DOWN? *Make this list together.***