



Visit www.MilitaryOneSource.mil/WeSources for more ways to spread the word about “Re the We” and help military couples and single service members seek support for their relationship challenges.



“Re the We” Key Resources and Tools

About “Re the We”

Through its “Re the We” initiative, the Department of Defense seeks to normalize and encourage relationship help-seeking and provides an array of support for the military community. Easily access key resources to help the military couples and single service members you work with strengthen their relationships, build interpersonal communication skills and recover from breakups.

[Re the We](#)

[Re the Me](#)

[WeSources](#)

[Help Us Keep MilCouples Connected With “Re the We” video](#)

Videos

These videos cover the stages of a breakup and touch on the help available from the Military and Family Life Counseling Program for military couples.

[The 5 Phases of Breakups: It’s Like This](#)

Relationship Real Talk video series

In this five-part video series, Kelly Smith, LCSW, from Military Community Support Programs and Dr. Kelly Blasko of the Defense Health Agency discuss common relationship pitfalls and how to address them.

[Episode 1 – Overview](#)

[Episode 2 – Defensiveness](#)

[Episode 3 – Contempt](#)

[Episode 4 – Criticism](#)

[Episode 5 – Stonewalling](#)





Military and Family Life Counseling Program video series

Listen to military and family life counselors discuss how they have helped couples reconnect using simple exercises.

[Relationship Help Is Just Around the Corner](#)

[Helping a Relationship With Macaroni Salad](#)

[Do You Need a Relationship Tuneup?](#)

[Your Relationship: Paint Me a Picture](#)

Articles

Share articles that address communication, conflict resolution, feeling disconnected and breakups.

[Tips to Improve Communication in a Relationship](#)

[Tips for Healthy Conflict Resolution in a Relationship](#)

[What To Do When You Feel Disconnected From Your Partner](#)

[The Phases of Relationship Breakups](#)

Tools

The Love Every Day tool helps couples practice good relationship communication in only a few minutes each day.

[Love Every Day](#)