

Current as of: Oct. 11, 2021

The “Re the We” Relationship Initiative: Resources, Tools and Information

Questions and Answers:

Q: What is “Re the We”?

A: “[Re the We](#)” is a Department of Defense initiative designed to normalize and encourage relationship help-seeking for military couples and single service members. The initiative provides tools and resources to help rekindle, repair and reset relationships, including information on how to recognize and work through challenges, evidence-based skill-building tools, and confidential counseling and consultations.

Q: Why did the Department of Defense develop the “Re the We” program?

A: Relationship issues can affect the focus, resilience and overall wellness of service members, and relationship conflict is a top reason for service members and their families to seek non-medical counseling through the DOD support program, [Military OneSource](#). Also, research shows a well-established connection between relationship distress and mental health.

Recognizing the need to prioritize relationship support services, Military Community and Family Policy brought together subject matter experts, researchers and key influencers from across the Department of Defense and its networks to form a “Deep Dive” team focused on creating a dedicated relationship initiative in 2019. To complement this effort, we launched the “Re the We” communications campaign in fall 2020, to normalize and inspire relationship help-seeking behavior in the military community. In fall 2021, the campaign expanded to include dedicated resources for single service members looking to strengthen their foundational relationship skills, as well as the launch of the [“Re the Me”](#) sister landing page.

Q: What types of relationship support services are offered through Military OneSource?

A: Eligible service members, spouses and military couples can receive up to 12 counseling sessions per issue through Military OneSource or the Military and Family Life Counseling program. Military OneSource also offers tons of information regarding relationship skill building and recognizing and working through challenges on the “Re the We” landing page at www.militaryonesource.mil/rethewe.

Q. Who should seek relationship support services offered through “Re the We”?

A: Relationship support is most effective when both partners are committed to working together. “Re the We” resources and services are not recommended for couples with a history of domestic abuse, or for partners seeking help for a relationship with patterns of control or violence.

Single service members are also encouraged to seek support to renew their relationships with themselves and build strong foundations for future relationships with others.

Q: How do I access relationship and non-medical counseling services?

A: Eligible service members and spouses can access relationship support through Military OneSource confidential non-medical counseling online or by calling 800-342-9647. To access Military and Family Life Counseling program confidential non-medical counseling, eligible individuals can contact a Military and Family Support Center, unit commander, or National Guard and reserve family program.

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Q: Will anyone know I'm receiving support?

A: Relationship counseling and coaching services through Military OneSource and the Military and Family Life Counseling program are confidential. That means a service member or spouse can receive help without being reported to their command and without a family member's knowledge.

There are three situations that legally require counselors to break confidentiality: when there's abuse, illegal activity or a threat of harm. In these instances, the chain of command could become involved.

Q: How can I help military couples seek support?

A: Your engagement and personal experiences can help inspire more military couples and individuals to seek relationship help. Email rethewe@militaryonesource.mil with your thoughts and stories — they could be used to help shape future phases of the initiative. You can also share the [Re the We landing page](#) with your networks to help spread the word and normalize help-seeking. You can find social media materials to promote “Re the We” via the [Re the We WeSources page](#).

Links to Relationship Resources:**“Re the We” Page:**

<https://www.militaryonesource.mil/family-relationships/relationships/military-relationships-support/>

“Re the We – WeSources” Page for Service Providers, Leaders and Key Influencers:

<https://www.militaryonesource.mil/family-relationships/relationships/military-relationship-resources/>

“Re the Me” Page:

<https://www.militaryonesource.mil/health-wellness/mental-health/mental-health-support/focusing-on-yourself-after-a-breakup/>

Social Media Toolkit:

<http://download.militaryonesource.mil/12038/MOS/Toolkits/MCFP-ReTheWe-SocialToolkit.zip>

“Love Every Day” Interactive Online Tool:

<https://www.militaryonesource.mil/confidential-help/interactive-tools-services/resilience-tools/relationship-tool-helps-you-love-every-day/>

Information About Confidential Help and Specialty Consultations:**Non-medical Counseling:**

<https://www.militaryonesource.mil/confidential-help/non-medical-counseling>

Building Healthy Relationships Specialty Consultation:

<https://www.militaryonesource.mil/confidential-help/specialty-consultations/building-healthy-relationships/building-healthy-relationships-the-essentials/>

“Re the We” in the News:**Department of Defense Article: Dealing With Stressors in Relationships:**

<https://www.defense.gov/Explore/News/Article/Article/2388855/dealing-with-stressors-in-relationships/>

Current as of: Oct. 11, 2021

Educational “Re the We” Videos:**The 5 Phases of Breakups: It’s Like This.**

https://www.youtube.com/watch?v=C_AXuMkFipc&ab_channel=MilitaryOneSource

Help Us Keep MilCouples Connected With “Re the We”

https://www.youtube.com/watch?v=Ru8tHMY_VnQ&ab_channel=MilitaryOneSource

How the MFLC Program and Military OneSource Can Help Strengthen Your Relationship:

Relationship Help is Just Around the Corner:

https://www.youtube.com/watch?v=pT0bvApDzk&ab_channel=MilitaryOneSource

Helping a Relationship with Macaroni Salad:

https://www.youtube.com/watch?v=vd_aKRGYDMY&ab_channel=MilitaryOneSource

Do You Need a Relationship Tuneup?:

https://www.youtube.com/watch?v=bt1lhvCK5yA&ab_channel=MilitaryOneSource

Your Relationship: Paint me a Picture:

https://www.youtube.com/watch?v=5_hkZsmy1P4&ab_channel=MilitaryOneSource

Relationship Tips: Four Common Pitfalls and How to Tackle Them:

Relationship Real Talk: Episode 1 – Overview

https://www.youtube.com/watch?v=Dc8CLMntpr0&ab_channel=MilitaryOneSource

Relationship Real Talk: Episode 2 – Defensiveness

https://www.youtube.com/watch?v=z5j4RJv6zHM&ab_channel=MilitaryOneSource

Relationship Real Talk: Episode 3 – Contempt

https://www.youtube.com/watch?v=43W2qw_y704&ab_channel=MilitaryOneSource

Relationships Real Talk: Episode 4 – Criticism

https://www.youtube.com/watch?v=Mkff1ipNjDs&ab_channel=MilitaryOneSource

Relationship Real Talk: Episode 5 – Stonewalling

https://www.youtube.com/watch?v=4ekuAVWs_bl&ab_channel=MilitaryOneSource

Helpful Articles on Military OneSource:**Relationship Support for Military Couples:**

<https://www.militaryonesource.mil/family-relationships/relationships/keeping-your-relationship-strong/military-relationship-support/>

How the Military and Family Life Counseling Program and Military OneSource Can Help Strengthen Your Relationship:

<https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-and-family-life-counseling/how-mflc-helps-strengthen-relationships/>

Current as of: Oct. 11, 2021

Relationship Tips: Four Common Pitfalls and How to Tackle Them:

<https://www.militaryonesource.mil/family-relationships/relationships/keeping-your-relationship-strong/relationship-tips-conflict-resolution-styles/>

Common Relationship Challenges:

<https://www.militaryonesource.mil/family-relationships/relationships/relationship-challenges-and-divorce/overcome-common-relationship-problems/>

Tips for Healthy Conflict Resolution in a Relationship:

<https://www.militaryonesource.mil/family-relationships/relationships/keeping-your-relationship-strong/tips-for-conflict-resolution-in-a-relationship/>

Tips to Improve Communication in a Relationship:

<https://www.militaryonesource.mil/family-relationships/relationships/keeping-your-relationship-strong/tips-to-improve-communication-in-a-relationship/>

What To Do When You Feel Disconnected From Your Partner:

<https://www.militaryonesource.mil/family-relationships/relationships/keeping-your-relationship-strong/what-to-do-when-you-feel-disconnected-from-your-partner/>

The Phases of Relationship Breakups:

<https://www.militaryonesource.mil/family-relationships/relationships/relationship-challenges-and-divorce/stages-of-a-breakup/>

How to Cope With a Breakup

<https://www.militaryonesource.mil/recreation-travel-shopping/recreation/single-life/how-to-cope-with-a-breakup/>

The Latest Campaign Updates From Our “Re the We” ePublications:

Got  Breakup Blues? Reset with New Resources — September Edition:

<https://content.govdelivery.com/accounts/USDODMILITARYONESOURCE/bulletins/2ed5072>

New Videos   Relationship Repair Tips that Really Work — July eBlast Edition:

<https://content.govdelivery.com/accounts/USDODMILITARYONESOURCE/bulletins/2e752b9>

Watch Now: Relationship Tips from MilCouples — June eBlast Edition:

<https://content.govdelivery.com/accounts/USDODMILITARYONESOURCE/bulletins/2e502c3>

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<https://www.militaryonesource.mil/epublications/>

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