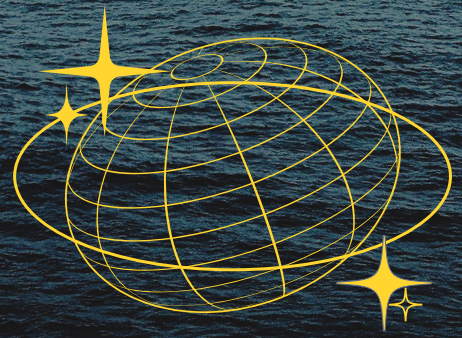


# Crossing Worlds: A Reflection Worksheet

Exploring military and civilian intersections



This worksheet is designed to help anyone to reflect on the connections between military and civilian “worlds”. Please take some time to thoughtfully answer the following questions.

**Instructions:** Take a quiet moment to reflect on these questions. You can write your answers in a journal, sketch your responses, or talk them through with a peer. There’s no right or wrong—just your truth.

## Reflection Prompts

### 1. Where do civilian and military worlds intersect?

*Have you lived, worked, or grown alongside someone in the military?*

*How has that experience shaped your view of identity, work, or community?*

### 2. What assumptions have I made about the “other world”?

*If you are primarily civilian, what do you think of military service and transition?*

*If you are military connected, how do you perceive the civilian workforce?*

### 3. What does meaningful collaboration between military and civilian communities look like to you?

*In an ideal world, how would civilians and military-connected communities support one another better?*

*What small actions could you take to help build that bridge?*

## Further Reflection

After completing this worksheet, consider discussing your reflections with a trusted friend, family member, or mentor. Sharing your experiences can deepen your understanding and foster stronger connections between military and civilian communities.

**© Jennifer Barfield, 2025. All rights reserved.**

This resource is for personal or professional development only.

No reproduction or distribution without written permission.

Contact: [jenniferbarfield01@gmail.com](mailto:jenniferbarfield01@gmail.com)

<https://www.linkedin.com/in/jenn-barfield/>