

# 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.

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

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