



Create cohesive, high-performing teams that foster trust & connection through small group discussions.



Unite through Activity

- ▶ Remembering loyalty, strengthens loyalty. Put the title and each line of the "The Airman's Creed," on a separate piece of paper. Hand the pieces of paper out to individual team members. Have members unite the entire Creed in proper order, first line to last. Follow with triumphant stories of loyalty.

Related Resources

- ▶ 37 Helicopter Squadron Commander, Lt. Col Philip Cooper discusses loyalty from the top, down.
<https://www.warren.af.mil/News/Commentaries/Article/636072/loyalty/>
- ▶ Chief of Staff of the Air Force, Gen. Charles Q. Brown, Jr discusses the profession of arms, our core values.
https://www.doctrine.af.mil/Portals/61/documents/Airman_Development/BlueBook.pdf



BRIDGECHAT

DISCUSSION GUIDE

J U N E 2 0 2 3

LOYALTY

Loyalty is rooted in placing something or someone above your own self-interest, such as an individual, country, group, or cause. It also requires a cognitive prioritization of your responsibilities and desires. The idea of loyalty is summed up and embodied in the Air Force Core Value of "Service Before Self" and is an internal commitment to the success and preservation of a greater cause. Ideally, loyalty is reciprocal in nature. One cannot expect loyalty from others, unless they have first demonstrated their willingness to sacrifice for their team or for the greater good. In turn, when a leader makes this sacrifice, it builds trust amongst the members and harvests loyalty.

Loyalty manifests itself on several different levels. A unique challenge to those in the military can be competing loyalties between needs of the family (personal) and needs of one's career (professional). Loyalty should be guided by our core values. Healthy loyalty is commitment grounded in trust, while unhealthy loyalty is fear based and does not encourage autonomy. Good leaders demonstrate loyalty by respecting those who serve and by treating them with dignity, compassion, and true concern for their wellbeing.

Healthy loyalty grows exponentially through an honest, supportive, respectful, and appreciative environment. It flows mutually within the chain of command and laterally amongst peers. When executed correctly, it has the capability to hold a unit together despite the harshest conditions and is essential to who we are and how we react to adversity. Such an environment is foundational to any high performing team!

WATCH...

Watch this video from the Heritage Today Video Series about Loyalty. See how loyalty to our country inspires us to make sacrifices for the greater good:

<https://www.dvidshub.net/video/424000/heritage-today-video-series-loyalty> (2:44)

View a discussion between 435th AEW leadership in the video series, "GRIT Talk." This conversation is about the Loyal Warrior:

<https://www.dvidshub.net/video/769410/grit-talk-loyal-warrior> (end at 1:47)

DISCUSS...

1. What does loyalty mean to you?
2. Discuss a time where you remained loyal, even when difficult to do so?
3. Are there limits to your loyalty?
4. What type of relationships call for loyalty?
5. What is loyalty built on?
6. How can you foster greater loyalty in your unit?
7. What are the characteristics of a loyal leader? A loyal follower?
8. What is the difference between healthy and unhealthy loyalty?

"I cannot expect loyalty from the Army if I do not give it."
– General George C. Marshall

"When we are debating an issue, loyalty means giving me your honest opinion, whether you think I'll like it or not. Disagreement, at this state stimulates me. But once a decision is made, the debate ends. From that point on, loyalty means executing the decision as if it were your own."

– General Colin Powell

<https://www.acc.af.mil/About-Us/The-Bridge/>



Connect. Detect. Protect. Equip.



Air Combat Command INTEGRATED RESILIENCE

SUPPORTING OUR TOTAL FORCE AIRMEN AND FAMILIES



PREVENTION TAKES ACTION

Learn new skills to improve your well-being such as self-care and resilience, healthy relationships, meaningful connections, effective communication. Act in ways to show your family and Airmen that you care and they matter. Proactive behaviors can be small things that create a positive culture in mitigating risks.

RECOGNIZE SIGNS OF DISTRESS

- Mood changes, such as depression or anxiety
- Irritability, agitation or anger
- Sleep difficulties
- Withdrawing from social activities, family, friends or others
- Lack of interest in activities that were previously enjoyed (hobbies, work, etc.)

ASK CARE ESCORT

Directly **ASK** the individual if they are having thoughts of death, self-harm, or suicide.

CARE about their answers. If they hesitate, or seem uncertain, ask follow-up questions to convey that you care about their well-being.

If the individual is having thoughts of suicide or needs help, **ESCORT** them to a qualified professional or leadership.

GO SLO

If someone demonstrates signs of distress, consider their access to **LETHAL** means including firearms, medications or other means of fatal methods. Airmen should remember **SLO** – use **SAFES**, **LOCKS** or store mean **OUTSIDE** of the home.

SMALL STEPS SAVE LIVES.
www.resilience.af.mil

| HELPING RESOURCE | COMMANDER/ SUPERVISOR | MILITARY & FAMILY READINESS CENTER | MILITARY ONESOURCE/ MILITARY FAMILY LIFE COUNSELOR (MFLC) | CHAPLAIN | CIVILIAN EMPLOYEE ASSISTANCE PROGRAM | MENTAL HEALTH (MH) CLINIC | EMERGENCY ROOM |
|---------------------------------|--------------------------|---------------------------------------|---|----------------------------|--|---------------------------------|-------------------|
| CONTACT: | | | | | | | |
| CAN ASSIST: | All | All | Military and Family Members | All (full confidentiality) | Civ/NAF | Military | All |
| Suicidal Thoughts | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Relationship Problems | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| Loneliness/Isolation | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| Workplace Stress or Problems | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| Alcohol/Drugs | Must report to ADAPT | | | ✓ | ✓ | ✓ | |
| Fatigue/Sleep | ✓ | | ✓ | ✓ | ✓ | ✓ | |
| Anxiety/Panic Depression | ✓ | | | ✓ | ✓ | ✓ | |
| Grief and Loss | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| Deployment | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| Finances/Budget | ✓ | ✓ | ✓ (One Source) | ✓ | ✓ | | |
| Retirement/Separation | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |

ASK. CARE. ESCORT. QUESTIONS THAT CAN SAVE A LIFE

| ANSWER QUESTIONS 1 AND 2 | IN THE PAST MONTH | |
|---|----------------------|----|
| | YES | NO |
| 1. Have you wished you were dead or wished you could go to sleep and not wake up? | | |
| 2. Have you actually had any thoughts about killing yourself? | | |
| IF YES TO #2, ANSWER QUESTIONS 3, 4, 5 AND 6. IF NO TO #2, GO DIRECTLY TO QUESTION 6 | | |
| 3. Have you thought about how you might do this? | | |
| 4. Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them? | | |
| 5. Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan? | | |
| ALWAYS ASK QUESTION 6 | IN THE PAST 3 MONTHS | |
| 6. Have you done anything, started to do anything, or prepared to do anything to end your life? Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc. | | |

ANY **YES** MUST BE TAKEN SERIOUSLY. SEEK HELP FROM A FRIEND, CO-WORKER, CHAPLAIN AND INFORM YOUR SUPERVISOR/OTHER MEMBER IN YOUR CHAIN OF COMMAND AS SOON AS POSSIBLE

- If the answer to 4, 5 or 6 is **YES**, immediately **ESCORT** Wingman to the nearest Chaplain, Mental Health Provider, Unit Leader or Emergency Department.
- **DON'T LEAVE YOUR WINGMAN ALONE** even to go to the bathroom.
- **STAY ENGAGED** until you make a warm hand-off to someone who can help.

MILITARY CRISIS LINE 1 (800) 273-8255 24/7 - 365