

CRISIS REACTIONS AND SIGNS OF TRAUMA

After a person has experienced or witnessed a traumatic event, such as an assault, he/she may have a lot of confusing and upsetting emotions. It is important to realize that it is normal for a person to experience such feelings after a crisis and that there is no “right” or “wrong” ways to feel about what has happened.

There is a wide range of reactions that a person may experience. After a crisis, many people say that they feel like they are “on a roller coaster” or “going crazy”, when, in fact, they are experiencing understandable reactions to a very disturbing event.

Some people experience difficult emotional reactions *immediately* after a crisis. Other times, reactions may not surface until days, weeks, or months *following* the crisis. No two people are exactly alike, and people deal with crisis in a variety of ways.

Listed below are a number of common trauma reactions. Again, they are *normal* and expected and should decrease over time. If you are having difficulty dealing with these emotions, or if they persist, longer-term counseling may be indicated. You can contact your Victim Services Counselor to talk about symptoms and to obtain counseling referrals.

PHYSICAL REACTIONS

Sleep Disturbances, such as difficulty falling asleep, restless sleep or Disturbing dreams fatigue/exhaustion.

Nausea, vomiting, stomach ulcers

Changes in eating habits

Difficulty breathing, rapid heart rate, profuse sweating, shaking/Trembling

Dizziness

Startle reactions weakened immune system (gets sick easily)

Headaches

Body Aches

COGNITIVE REACTIONS/THINKING PROCESSES

- Recurring thoughts or images of the event, “flashbacks”
- Difficulty with concentration or remaining focused, which may lead to a drop in school performance
- Distractibility/inattention, which may look like “zoning out” or daydreaming
- Memory loss or disturbance
- Difficulty solving problems or thinking clearly
- Difficulty in making decisions

EMOTIONAL REACTIONS

Grief	Panic	Anxiety	Shock
Numbness	Denial	Agitation	Confusion
Helplessness	Anger	Guilt	Shame
Depression	Feeling Overwhelmed	Irritability or over-sensitivity	Inappropriate Emotional Responses (Easily Upset/Laughing Hysterically)
Fear	Terror (Including fears of things that don't seem to be related to the trauma)		

BEHAVIORAL REACTIONS

Withdrawal/Isolation	Change in activity or change in communication	Hyper Alertness and suspiciousness	Regression to more childish behavior
Temper Tantrums	Disobedience	Aggression	Clinginess
Rick-taking behaviors (Such as running away, Use/Abuse of alcohol, drugs and self-destructive	Changes in attitudes about life, Luna. Self training brochure and self-destructive acts (hurting ones self)	Changes in attitudes about life, belief in (Hurting oneself)	Changes in attitudes. about life, belief system order of the world.

If any of these or other problems persist and interfere with your ability to function in a normal, healthy way, you should consider getting professional counseling.