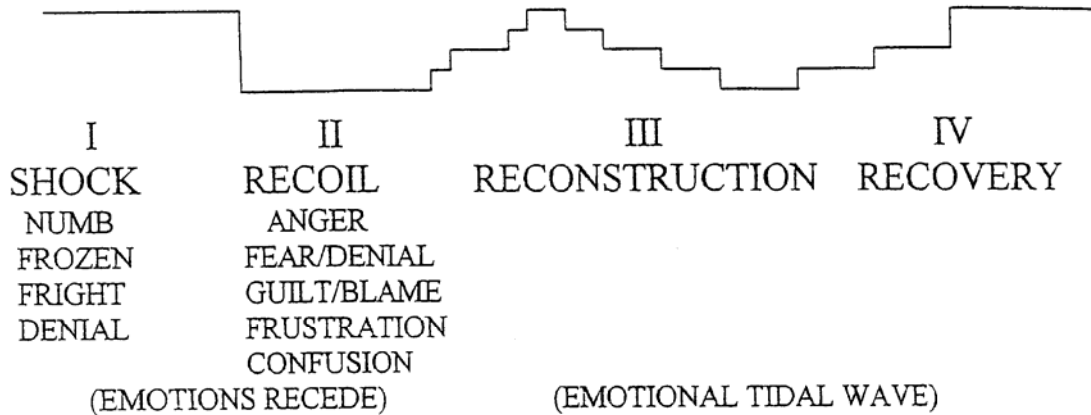


VICTIM ASSISTANCE PROGRAM: 330-376-0040 (24 HOURS)

**THE CRISIS RESPONSE PATTERN:
A MAP OF THE JOURNEY**



“NORMAL REACTIONS TO ABNORMAL SITUATIONS:”

PHYSICAL REACTIONS:

Fatigue, Hyperactivity or Lethargy, Increased startle reactions and Sharpening of at least one of the senses, Inability to sleep or excessive sleep, Dreams/Nightmares, Digestive Difficulties, Headaches.

COGNITIVE REACTIONS:

Inability to concentrate: Easily distracted, Inability or Lessening of Problem Solving Capabilities, Diminished decision-making capabilities

Memory Impairment: inability to remember names, dates, locations, lost objects

Flashbacks/trigger phenomena: Diminished sense of meaning, “reworking” the Event/Attribution of Meaning/causation, Preoccupation with some or all parts of the Event.

EMOTIONAL REACTIONS:

Anger-Rage, Fear-Terror, Guilt-Blame, Numbing of Feelings, Confusion, Frustration, Inability to Recall Part of all of Event, Depression-particularly in the aftermath, Anxiety

INTERPERSONAL REACTIONS:

Irritability/Displacement of Anger, Over-sensitivity, Isolation-Retreat/Over-sociability, Increased Hostility/Conflict, Increases Protectiveness.

DOWN THE ROAD:

People travel at their own rate of speed while the “world” goes back to normal very quickly.

Many find symptoms periodically re-surfacing – especially about 6 months from the Event and often at incongruent times.