

Week #12

The Adjustment Phase Of Crisis

The Adjustment Phase takes longer than the other phases. Emotional responses have turned hopeful and depression becomes inconsistent. The person in crisis has just about completed detachment from what was lost.

During this phase, the person in crisis does not need helpers to be critics. The one area in which helpers do need to caution victims is in the selection of a new partner. In this phase, simply, it is too soon to go down that road!

Recovery must take place first or the victim will select a partner while bringing baggage with them into the new relationship. This will sabotage the new marriage.

People in this phase are beginning to gain hope which is not yet consistent. Insight is returning so they can be objective about what has happened and accept new information and suggestions.

New spiritual insights are possible and goals, values, and beliefs can have greater depth.

Next Week: The Reconstruction Phase of Crisis