

## Week #22

### Step Eight In Crisis Intervention

Step Number Eight: Instill self-reliance.

Remember, a person in crisis is at the end of their rope. Their desire is to be rescued and healed instantaneously by you. It will not be helpful to respond to this expectation.

To prevent over-reliance on you, the helper, make it clear that you don't have all the answers. Let them know that you expect effort from them.

Do nothing for the person that they can successfully do for themselves.

Deal with the emotions at hand, recognizing that negative emotions are part of the healing process. Do not take them personally.

Because of the upheaval of the crisis, the person may be thrust into a new, less than satisfactory role. This involves acceptance and learning to live with being less than satisfied until the new solution is stabilized.

It all comes down to this: You are the helper God has called to walk with this person through these transitions.

NEXT WEEK: When To Refer