

Week #5

Elements Of A Crisis - Part 2

The state of active crisis occurs when a person can no longer handle the situation. There are four symptoms of this state.

First, there are symptoms of stress, which could include depression, headaches, anxiety, bruxism, ulcers, and others.

Second, there is an attitude of panic or defeat. People feel like failures, defeated, overwhelmed and helpless. They may respond by becoming agitated and combine this with non-productive behaviors, such as drinking or getting into fights, or becoming apathetic (excessive sleeping).

Third, the person wants relief from the pain of the stress but is not in a position to deal with the problem in a rational way. They may appear dazed or be somewhat frantic in their efforts to seek help from others.

Fourth, is a time of lowered efficiency. The greater the perceived threat, the less effective the coping mechanism will be. People may appear to function normally, but instead of responding at 100 percent, their response may be at about 60 percent. At this time, our best response is to help them see the event through their own eyes, not ours.

Next Week: God Is Involved With Us In Our Crises