

Week #7

The Phases Of Crisis – Part 1

The Impact Phase-becoming aware of the crisis and experiencing the effect of being stunned.

In most cases, it lasts a few hours to a few days.

The more severe the crisis, the greater the impact and the greater the amount of incapacitation and numbness.

If the Impact Phase lasts longer, as in a divorce, the person must choose whether to stand and fight to resolution, or to ignore the problem (fight or flight). The healthier response is to fight. Running away only prolongs the pain.

Thinking capability decreases during the Impact Phase. The tendency is toward numbness and disorientation. It is not a good time to make decisions, although some may be necessary and can't be postponed. Otherwise, people may be needed for input. These ideas are best put into writing, since understanding and memory may be compromised at this time.

The Lost Object - the person symbolically searches for the lost object in a photo album, personal items, etc. Reminiscing is very important at this stage. The person must be listened to and their feelings validated. Feelings rejected will only delay resolution of the problem. Feelings should also not be buried or denied.

Guilt is frequently a part of crisis. Potential solutions for guilt include rationalizing away the guilt, projecting the blame onto others, paying penance and working off the guilt, OR applying the forgiveness available through God where there has been genuine sin. God can and does remove true guilt, although there may be feelings of guilt that have no basis in truth (false truth).

The solution? Help the person change their perspective or self-talk by changing their thinking. The crisis will probably not be fixed during the Impact Phase.

Next Week: The Phases Of Crisis Part 2