

Week #8

The Phases Of Crisis Part 2

The Withdrawal-Confusion Phase: feelings may range from a rapid churning of emotions to numbness.

In this phase, the urge to deny feelings is the strongest because feelings are the ugliest. The process begins with anger, which becomes guilt, then shame, and the desire to suppress all feelings. This process will prevent the grief process from taking place.

The following nine symptoms indicate a person's inability to properly cope.

1. A sense of bewilderment: I've never felt this way before.
2. A sense of danger: I feel scared that something terrible is going to happen.
3. A sense of confusion: I can't think clearly.
4. A sense of impasse: I'm stuck and nothing I do seems to help.
5. A sense of desperation: I've got to do something, but I don't know what to do.
6. A sense of apathy: Nothing can help me. Why even try?
7. A sense of helplessness: I can't cope by myself. Please help me.
8. A sense of urgency: I need help now.
9. A sense of discomfort: I feel so miserable and unhappy.

Three questions which may help the person.

1. Could it be that you aren't thinking clearly, like your mind isn't working?
2. Could it be that you feel stuck, like nothing you do seems to help?
3. Could it be that you feel immobilized and you don't see any solutions?

Nevertheless, feelings need to be expressed!

Next Week: More Aspects Of The Withdrawal-Confusion Phase