



Human response to crisis

SHOCK



Can't believe what has happened, confused about why it has happened. Feel numb.

DENIAL



Don't believe it could have happened to your family.

REALLY UPSET



Feel heartbroken, burst into tears and feel like crying for a long time.

REALLY SAD & UNHAPPY



Feel gloomy, heavy hearted, choked up inside, down in the dumps. Still crying at times.

FEEL ALONE



Feel lonely, like no one else has had the same experience or feels the same as you, or knows how you feel.

THE

JOURNEY

Through

GRIEF

GUILTY



Feel lousy because you think that maybe you somehow caused what happened or that you could have stopped it from happening

GETTING ON



You realise that life does go on for you and everyone else, and that you can feel happy again.

ACCEPTING IT



You don't feel happy about it, but you realise that it has happened and it can't be undone, you don't pretend it hasn't happened.

GETTING BACK TO NORMAL



Starting to feel less upset about things now, beginning to see that sometimes you can feel OK and that maybe life can go on again.

WISHING



You begin to remember the good things and time with the person and you wish that they would come back. You start to forget the not so good things.

ANGRY



You feel like you hate what has happened, hate the world, your parents, maybe even your friends and yourself.