

Trauma Responses

EMOTIONAL RESPONSES

- Shock, numbness, disbelief
- Anxiety, panic, suspicion
- Anger at the deceased, self, others, school, God
- Helplessness, hopelessness
- Overwhelmed

PHYSICAL RESPONSES

- Increased or decreased appetite
- Nausea, diarrhea, indigestion
- Increased or decreased energy, "jumpiness"
- Constant fatigue, dizziness, increased heart rate
- General achiness, headaches, chills, trembling
- Weakened immune system, difficulty breathing

MENTAL RESPONSES

- Lack of concentration
- Disorganization
- Impaired judgment and decision making
- Inability to think of anything but the event
- Short term memory loss
- Hallucinations- sightings of the deceased, nightmares
- Unable to communicate easily
- Forgetfulness, confusion

SOCIAL RESPONSES

- Traumatized friends may have difficulty supporting each other
- Friends are uncomfortable and want you to be your "old self" again
- Loss of status, privilege, roles, social isolation
- Temporary or permanent changes in finances

SPIRITUAL RESPONSES

- Feeling the presence of the deceased
- Anger with God
- Beliefs or philosophies change
- Unable to find comfort in one's faith
- A closer relationship with God or higher power
- Hope that healing will eventually take place