

**"NORMAL"  
FUNCTIONING**



**Shock  
and Denial**

- Avoidance
- Confusion
- Fear
- Numbness
- Blame

**Anger**

- Frustration
- Anxiety
- Irritation
- Embarrassment
- Shame

**Depression and  
Detachment**

- Overwhelmed
- Blihs
- Lack of energy
- Helplessness

**RETURN TO  
MEANINGFUL LIFE**

- Empowerment
- Security
- Self-esteem
- Meaning

**Acceptance**

- Exploring options
- A new plan  
in place

**Dialogue and  
Bargaining**

- Reaching out  
to others
- Desire to tell  
one's story
- Struggle to find  
meaning for what  
has happened

