



Trauma Intervention Programs, Inc.

Dealing With Your Emotions – Resolving Grief

- Accept all of the feelings you are having as normal reactions to an extraordinary event. You are not “crazy.” You are reacting normally to a “crazy” event. Be patient with yourself. It takes time to recover emotionally from a traumatic event.
 - Accept the fact that you have been a victim and accept the feelings that result. Remember, others may not validate your feelings. In fact, they may minimize your experience by saying things like, “You were only a witness,” or “You were really lucky,” or “It’s been two weeks. Why are you still bothered?”
 - Avoid alcohol, drugs, or overeating as a way to cope. These behaviors will only make matters worse.
 - Maintain normalcy. Go about your daily routines and take care of business.
 - Attempt to understand what happened by getting the facts.
 - Talk about the event and write about it.
 - Combat any guilt you might have by:
 - ✓ Accepting your sense of guilt as normal.
 - ✓ Talking to others about your role and their role during the event; you are probably not alone in your reaction to this event.
 - ✓ Realize you were a victim yourself and not a trained rescuer.
 - ✓ Recognize what you “did right.”
 - ✓ Recognize the extenuating circumstances related to the event, such as the suddenness or the danger.
 - Help others in your family or group.
 - Reach out to support those who are particularly traumatized. Take time to talk, and to reminisce.
 - Respect each other’s way of coping. Don’t victimize them by judging their individual coping style. Let the “grievers” grieve and allow the “doers” to do.
 - Bereavement groups provide an opportunity to share grief with others who have experienced a similar loss.
 - **If the healing process becomes too overwhelming, seek professional help.**
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