

Common Reactions Experienced After a Traumatic Event or Loss

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Please note that following a traumatic event, people commonly experience a number of reactions that may seem negative and not feel normal. The following lists reflect normal reactions to these traumatic experiences.

One should seek professional help if these symptoms are debilitating or last over thirty days.

<p>Physical Effects</p> <ul style="list-style-type: none">• Fatigue, exhaustion• Increased physical pain• Sleep disturbances• Cardiovascular strain• Reduced immune response• Decreased appetite• Decreased libido• Hyper arousal• Nausea• Dizziness• Headaches• Gastrointestinal problems• Increased startle response• Muscle tremors• Profuse sweating• Digestive problems• Somatic complaints• Ritualistic behavior• More accident prone <p>Emotional Effects</p> <ul style="list-style-type: none">• Shock• Fear / terror• Irritability• Anger• Grief or sadness• Depression• Despair• Loss of pleasure from familiar activities• Nervousness• Blame• Guilt• Emotional numbing• Helplessness• Identification with the victim• Difficulty feeling happy	<p>Interpersonal Effects</p> <ul style="list-style-type: none">• Increased relational conflict• Reduced relational intimacy• Impaired work performance• Impaired school performance• Feeling abandon / rejected• Social withdrawal• Alienation• Decreased satisfaction• Distrust• Externalization of blame• Externalization of vulnerability• Over protectiveness <p>Cognitive Effects</p> <ul style="list-style-type: none">• Impaired concentration• Impaired decision-making ability• Memory impairment• Disbelief• Distortion• Self-blame• Decreased self-esteem• Decreased self-efficacy• Worry• Dissociation (e.g. tunnel vision, dreamlike or “spacey” feeling) <p>Spiritual Effects</p> <ul style="list-style-type: none">• Spiritual disconnection with God• Questioning God and theological beliefs• Anger at God• Spiritual emptiness• Withdrawal from the faith community• Increased awareness of mortality• Guilt for feelings (i.e. anger, desire for vengeance)
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