Common Reactions Following a Traumatic Event

It is not uncommon for people who have been closely involved in a crisis or traumatic situation to experience unusual emotional detachment in order to cope and function. Some other typical reactions might include:

✓ Irritability/anger
✓ Preoccupation with the event and one’s role in it
✓ Depression
✓ Guilt
✓ Anxiety
✓ Emotional “numbness”
✓ Silence/withdrawal
✓ Sleep disturbances/nightmares
✓ Change in personal work habits
✓ Poor concentration
✓ Difficulty in making decisions
✓ Memory problems
✓ Difficulty with details.