

Crisis Support Solutions, LLC  
QUICK GUIDE: CRISIS REACTIONS



“Crisis” is an overwhelmed state-of-being following an unexpected and powerful event. Given this state, various reactions are expected to follow. These reactions will impact and affect the way one thinks, feels, behaves, believes, and the physical body. The following “index cards” reflect common and expected reactions that many experience following a critical incident.

**THINKING**

- Distorted, confused, disorganized thoughts
- Difficulty concentrating, focusing, recalling or remembering
- Preoccupation, “obsession”, rumination with circumstance
- Not fully grasping cause-and-effect, consequences, or determine outcomes

**FEELING**

- “Not safe”, threatened, fearful, panicked
- Easily irritable, quick to anger, lacking patience
- Childlike emotions , mood swings
- Sadness, uncontrollable crying

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**BEHAVING**

- Disruption with sleeping, eating, regular routine
- Withdrawal, isolation, wanting to be left alone ... or ...
- “Herding” - gathering - with family, friends or others involved
- Impulsive, seeking “adrenalin-rush”, some risk-taking behaviors
- Diminished personal hygiene, disinterest in usually enjoyable things

**BELIEVING**

- Disillusioned with personal belief system
  - \* To include beliefs about self, others, “systems”, Divine and sacred, etc.
- Personal beliefs violated - prompting possible “crisis of faith”
- Anger with Divine, supporting sacred texts, withdrawal
- Seeking the Divine, investment in sacred texts, closeness

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**BODY**

- Disruption with digestive system, immune system & others
- Muscle aches, headaches
- Heaviness in chest, trouble “catching breath”, elevated blood pressure
- Fatigue, weak, tired
- Trouble getting to sleep and/or staying asleep
- \* Recommended seeking professional medical assistance

This “quick guide” is support material for training programs provided by Crisis Support Solutions, LLC. Use of this material without proper training by Crisis Support Solutions is strictly prohibited.

For training options - or to consult with a Crisis Support Solutions team member - please email [guide@crisissupportsolutions.com](mailto:guide@crisissupportsolutions.com).