

FOLLOWING A LOSS OR CRITICAL INCIDENT

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STAGES OF RECOVERY

Denial/shock
Anger/Depression
Understanding/Acceptance

DEALING WITH THE LOSS

Recognize and name your losses
Allow the experience of the hurt/pain
Remember, you're not alone
Talk about it (with someone who'll really listen)
Take care of yourself (loss is like an injury)
It takes as long as it takes (don't rush it)
You might need to ask for help or care

BEFORE MOVING ON

We need to mourn our losses
Be gentle with yourself
Whatever you feel (angry, depressed, numb), it's okay
You may not be as emotionally tough as usual right now
Pamper yourself, but avoid addictive activities

MOVING ON

Move on at your own pace
Remember that this is a time to heal yourself
Remember what's important to you
You might not get it right the first time
Take time out to appreciate the journey