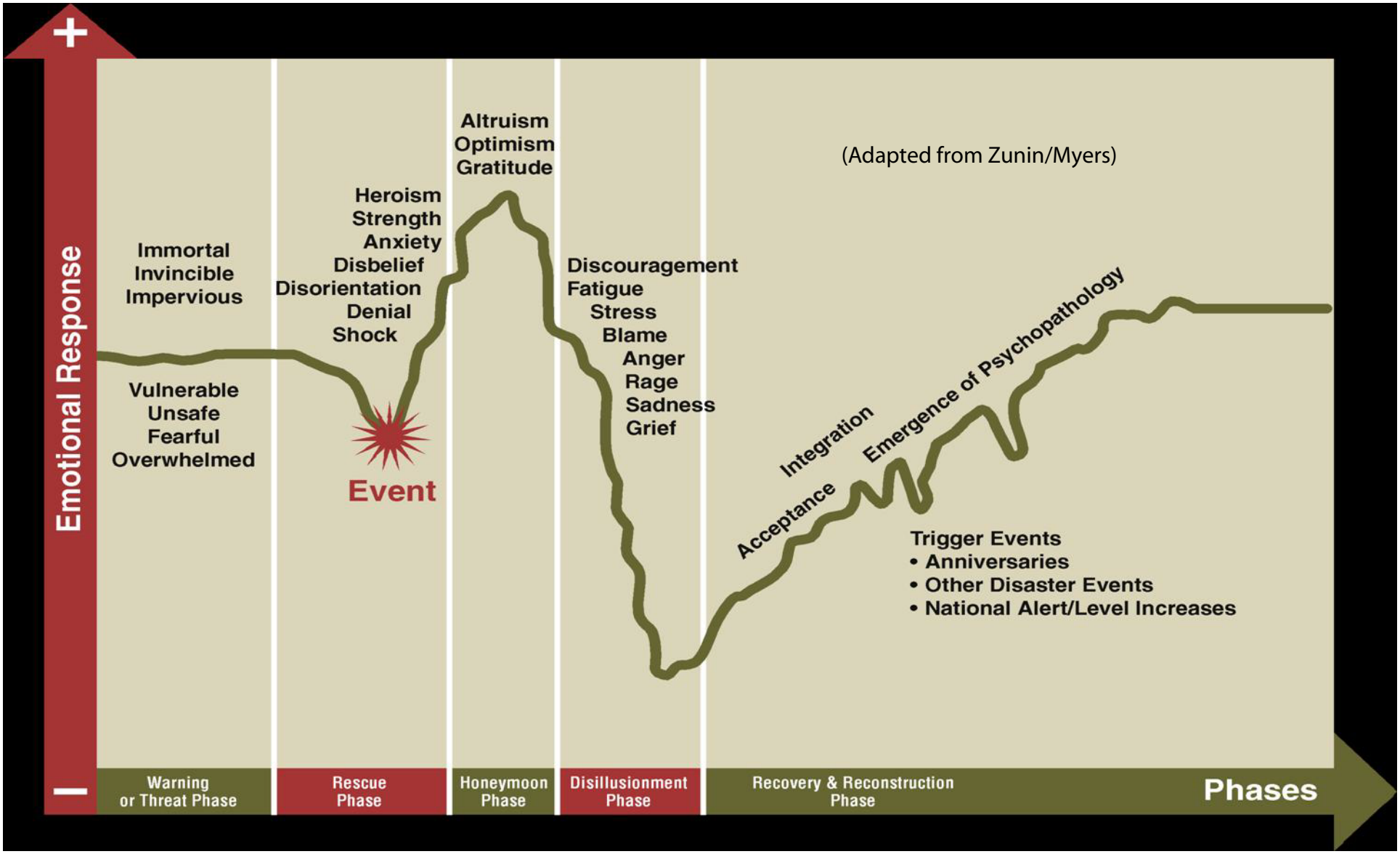
+
Emotional Response
–
Immortal
Invincible
Impervious
Vulnerable
Unsafe
Fearful
Overwhelmed
Heroism
Strength
Anxiety
Disbelief
Disorientation
Denial
Shock
Event
Altruism
Optimism
Gratitude
Discouragement
Fatigue
Stress
Blame
Anger
Rage
Sadness
Grief
Acceptance
Integration
Emergence of Psychopathology
Trigger Events
• Anniversaries
• Other Disaster Events
• National Alert/Level Increases
(Adapted from Zunin/Myers)
Warning or Threat Phase
Rescue Phase
Honeymoon Phase
Disillusionment Phase
Recovery & Reconstruction Phase
Phases