

## THE CHALLENGE OF CRITICAL INCIDENTS

You have been involved in an event that may have produced strong reactions in you. These reactions are not only common, they are actually a part of the process of adjusting to an extreme challenge.

Listed below are some of the common signs of adjustment to challenging situations. The differences you may have noticed in your physical, cognitive, emotional, and behavioral functioning go away in time. In fact, you may have already noticed that they are getting better day by day.

If you are having a problem riding them out, give one of us a call. We'll try to help.

Physical	Cognitive	Emotional	Behavioral
fatigue	blaming	anxiety	change in activity
nausea	confusion	guilt	change in speech
muscle tremors	poor attention	grief	patterns
twitches	poor decisions	denial	withdrawal
chest pain*	heightened or	severe panic (rare)	emotional outbursts
difficulty	lowered alertness	emotional shock	suspiciousness
breathing*	poor concentration	fear	change in usual
elevated BP	memory problems	uncertainty	communications
rapid heart rate	hypervigilance	loss of emotional	change in appetite
thirst	difficulty	control	change in alcohol
headaches	identifying	depression	consumption
visual difficulties	familiar objects or	inappropriate	inability to rest
vomiting	people	emotional	antisocial acts
diarrhea	increased or	response	nonspecific bodily
grinding of teeth	decreased	apprehension	complaints
weakness	awareness of	feeling	hyperalert
dizziness	surroundings	overwhelmed	startle reflex
profuse sweating	poor problem	intense anger	intensified
chills	solving	irritability	pacing
shock symptoms*	poor abstract	agitation	erratic movements
fainting	thinking	etc.	change in sexual
etc.	loss of time, place		functioning
	or person		etc.
	disturbed thinking		
	nightmares		
	intrusive images		
	etc.		

\*definite indications of the need for medical evaluation

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