

Person who experience traumas such as Hurricane Katrina or Rita will have a wide range of **reactions** that are **normal** and **common**. **You can help** to heal the trauma **by paying attention** to these reactions **and helping the person understand this is a *normal* reaction to a *difficult* situation**. **Listening is one important way to pay attention**.

Feelings	Thought processes/thinking	What people do or say	Physical	Spiritual	What you will see in Groups
Fear, terror, anxiety	confusion	Withdraw from or avoid usual activities	Thirst, dry mouth	Emptiness, loss of meaning	apathy
Panic/paranoia	nightmares	Pacing, restless, hyper-alertness, erratic movements	Vomiting, weakness	Doubt, anger at God	Silence; unable to talk with others
Anger, rage	Suspicious, overly sensitive	Emotional outbursts, suspicious of others	Chest pains, elevated blood pressure; rapid heart rate	Feeling unforgiven or punished	Denial about what is happening—unable to be truthful
Apprehension, depression, vengeful	Overly sensitive	Problems at work	visual difficulties	Loss of faith in people	Isolate, lack of empathy; low energy and productive, inflexibility
Shame, guilt, sadness, grief, shock	Unable to concentrate or make decisions, “spacey”	Difficulty writing or talking	Nausea, diarrhea	Looking for magic	High rates of stress related health issues
Feeling helpless and/or hopeless	Very critical; blaming others	excessive use of humor, changes in speech patterns	Shallow breathing; dizziness or faintness, chills sweating	Belief we have failed God or that God is powerless; crisis of faith	Intergenerational transmission of pain
Feeling numb	Poor problem-solving	Increased drug or alcohol use, domestic violence	Grinding teeth, headaches	Sudden turning to God	Spiritual growth, and wisdom
irritability	Disorientated to time, place or person	Avoid thoughts and feeling related to the traumatic event	Easily started	Loss of direction, cynicism, apathy, alienated, mistrust	
courage	Heightened or lowered awareness	Impaired sexual functioning	Fatigue, changes in sleep patterns, nightmares, inability to rest	Growth, deeper faith, resilience	
Feeling uncoordinated		Caring for others	changes in appetite, stomach distress		