

Symptoms: Impact From a Traumatic Incident

Washington State Employee Assistance Program

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Stages	Thinking	Feeling	Physical	Social Relationships
Shock	<ul style="list-style-type: none"> Slowed and/or disorganized thinking Blocking Suicidal thoughts Wish to join deceased May appear unaffected 	<ul style="list-style-type: none"> Psychic numbness Blunting Outbursts Euphoria Hysteria Unaffected 	<ul style="list-style-type: none"> Physical numbness Feeling of unreality Feeling of being outside body Hypo or hyperactivity Talkative 	<ul style="list-style-type: none"> Passive Unaware of others
Protest	<ul style="list-style-type: none"> Preoccupied with thoughts of deceased Searching Rumination Dreams Hallucinations 	<ul style="list-style-type: none"> Sadness Fear Anger Guilt Relief Irritability Yearning Intense anguish 	<ul style="list-style-type: none"> Physical distress Pain in chest Sleep disturbance Fatigue Nausea Decreased appetite Weight loss 	<ul style="list-style-type: none"> Dependent Seeks help
Disorganization	<ul style="list-style-type: none"> Confusion Aimlessness Slowed thinking Loss of interest Decreased self esteem Focus on memories 	<ul style="list-style-type: none"> Sadness Loneliness Depression Meaninglessness Apathy Feeling of unreality 	<ul style="list-style-type: none"> Decreased inside self Adopt traits and mannerisms of deceased Restlessness Decreased resistance to illness 	<ul style="list-style-type: none"> Withdrawn Avoids others Lacks initiative Lacks interest
Reorganization	<ul style="list-style-type: none"> Develop realistic memory of deceased Develop pleasure in remembering Return to previous level of functioning Find new meaning in life 	<ul style="list-style-type: none"> Experience both sadness and happiness 	<ul style="list-style-type: none"> Return to previous level 	<ul style="list-style-type: none"> New or renewed social relationships New or renewed interests

A key factor in noticing symptoms is "change" – What has changed in this employee's behaviors, attitude, etc. Stages, time periods and manifestations vary greatly among individuals.