

## Worksheet 8: Predictable Emotional Responses

### Crisis

**Responses:** Shock, confusion, denial

**Events:** First signs or symptoms, getting a mental health diagnosis, change in diagnosis, self-harm, suicide attempt, law enforcement involvement, arrest, incarceration, unsafe housing, experiencing homelessness, relapse, hospitalization, other illness, etc.

**Needs:** Support, empathy, intervention, comfort, help finding resources, prognosis

### Coping

**Responses:** Anger, guilt, resentment, grief, exhaustion, numbness

**Actions:** Seeking information, trying new approaches, reflecting on relationships, building a support system, finding mental health services, changing living situation, adjusting to change, attending a class/support program, etc.

**Needs:** Express emotions, mental health information (research, treatment options, etc.), connect with others, explore self-care strategies (nutrition, sleep, exercise, identify stressors, time management, etc.), learn skills, family and peer support

### Advocacy

**Responses:** Empathy, acceptance, energy, motivation, determination

**Actions:** Joining social networks, volunteering, advocating for policy, partnering with loved ones, collaborating with or changing mental health service providers, developing a wellness plan, emergency planning (psychiatric advance directive), consistently practicing self-care, becoming a NAMI leader, etc.

**Needs:** Opportunities for participation and leadership, activities, larger purpose, doing things you enjoy, creative outlet, activism

*Adaptation of Stages of Emotional Response chart developed by Joyce Burland, PhD, 1991. Additional source: Grief.com*