

OPTIONAL HANDOUT 32: COMMON THOUGHTS ABOUT THE DISASTER WORKSHEET

Instructions: Use this worksheet to identify whether any of these common thoughts related disasters apply to you. Not all will make sense for every type of disaster. Check all that apply.

Anger

- ☐ My life was taken away from me.
- ☐ FEMA doesn't care.
- ☐ The government hasn't done enough to help/compensate survivors.
- ☐ No one understands how bad things are here.
- ☐ Insurance companies only want to make money.

Fear/Anxiety

- ☐ I am not safe when I am in a crowded place.
- ☐ I am going to lose my house.
- ☐ If I go out in public or use public transportation, then I am vulnerable.
- ☐ I won't be able to take care of my family.
- ☐ I won't be able to find another job.
- ☐ I must be on guard for another attack at all times.
- ☐ There will be another bombing/hurricane/disaster.
- ☐ No place is safe.

Sadness/Depression

- ☐ I/my loved one lost everything because of the disaster.
- ☐ Nothing will ever be the same.
- ☐ I am damaged forever because of the disaster.
- ☐ I have no control over my future.
- ☐ If I let myself think about what has happened, I will never get over it.
- ☐ I lost my identity because I can no longer work since the disaster.
- ☐ It's not worth rebuilding, because it could just happen again.

Guilt/Shame

- ☐ If I had done my job better, then more people would have survived.
- ☐ If only I had done _____, I/my loved one wouldn't have been hurt.
- ☐ I am weak because I can't get over it.
- ☐ I am worthless because I couldn't control what happened.
- ☐ I should have known better.
- ☐ If I move on and have a happy life, I will be dishonoring those that died.
- ☐ I should be able to figure out how to move forward, but I just don't know what to do.
- ☐ If I had evacuated, I could have saved some of my personal possessions.