THE SHOCK SEQUENCE - DEATH TRAUMA LOSS

01	SHOCK	Numbness Inability to function normally. Everything becomes irrelevant.	Shivering, wobbly legs, shakiness, breathless, pain in chest, palpitations, suffocating, sweating, lightheaded, dry mouth, rapid breathing.
02	DENIAL	Often Brief "This can't be - tell me its some kind of cruel trick."	Panic, desperation, wide eyes, slow motion replays, denial that there is a problem or issue.
03	RAGE/SAD	Kaleidoscope of emotions seemingly irrelevant to the pain.	Wild mood swings, unexplained & irrelevant laughter, rage at victim or abuser or both, long periods of gut wrenching weeping.
04	BARGAINING	"It should have been me - Take me instead".	Desperation to change the reality of what has happened by swapping places, trading.

IT'S POSSIBLE TO CYCLE ENDLESSLY UP & DOWN

CROSSING THIS LINE MAY TAKE YEARS

05	ACCEPTANCE PEACE	Realisation that we can move on.	Giving up the idea that what has happened needs to be fought against or somehow changed. Acceptance is often the doorway to learning & changing.