

Trauma types of responds - classification essay



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Classification essay outline Trauma types of Responds I.

Introduction: II. Thesis statement: However, people respond to traumas in shape of ??? No not me??? respond, ??? Why me??? respond, or ??? Ok I can handle it??? respond. III. ??? No not me??? respond- denial A. Emotional Characteristics - hide feelings 1. Look Calm and relax 2. Unemotional i.

No crying ii. No sign of anger iii. No lose of control 3. Avoid confronting 4. Don??™t accept reality 5. Don??™t accept help 6. Don??™t accept reality 7.

Feel shock and disbelieve 8. Sensing the loved one??™s presence B. Physical characteristics 9.

Weight loss or weight gain 10. Insomnia 11. Chooses active ways of expressing grief.

12. Uses humor to express feelings and to manage anger. Examples: Kitty and Robert ??“ brain died (brothers and sisters series) IV. ??? Why me??? respond ??“ anger A.

Emotional Characteristics- expresses feelings 1. Feel rancorous 2. Act aggressively 3. Blame others for the lost 4. Angry of the world 5. Crying at unexpected times 6.

Decreased desire for socializing 7. Questioning beliefs 8. Feeling jealous toward others B.

Physical characteristics 1. Frequent sighing 2. Physically exhausted or anxious 3. Expresses anguish or sorrow with tears Example: Kimberly Allen (NC, USA) lost a husband and a 6 moths baby before Halloween, V. ??? Ok I

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can handle it??? respond ??” acceptance A. Emotional Characteristics 1. Sadness 2.

Accept life 3. Worries and fears 4. Tears 5. Death is universal 6. Relief: if the person was ill before the death 7. Distress emotions at anniversary dates, birthdays, holidays 8.

Go back to normal 9. Be aware of things more B. Physical characteristics 10.

Tired face 11. Redness eyes 12. Loss of appetite 13. Change in life style Examples: The song “ Fly,??? sung by Celine Dion described her emotions and feeling surrounding her nieces death, Karine who died from Cystic Fibrosis.

John Travoltas 16-year-old son, Jett, death 2009 VI. Conclusion Responses to Trauma Lou Holtz once said, ??? Life is ten percent what happens to you and ninety percent how you respond to it,??? Responses and actions are they ways we shape our personalities and behaviors. Each person has his/her way to react toward a situation or a stimuli, so people differ in their responses due to social , personal, and cultural factors. Therefore, losing a friend, death of a sibling or parents is a situation where people differ in their reactions to the trauma. However, people respond to traumas in the shape of ??? No not me??? response, ??? Why me??? response, or ??? Ok I can handle it??? response. On shape of trauma respond is ??? No, not me???, which is denial, disbelief in reality of life. There are characteristics for ??? No, not me??? trauma response, such as, the person tends to be calm and relaxed when receiving the news, also unemotional by not showing any sign of tears, anger, and loss of control.

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Moreover, the denial trauma response personality tends to avoid confronting his/her feelings and speaks about it to others. Also, that person feels shocked of the world around him/her and tends to sense their loved one's presence. Therefore, the denial response personality denies the reality he/she is living in and doesn't accept other's help (Smith, 2010). Another characteristic of the "No, not me" response is the physical characteristics.

According to Melinda Smith (2010), these types of personalities tend to lose or gain weight depending on the situation; also, face insomnia, problems in sleeping. In addition, the denial trauma response personality chooses active ways to express its grief. It may also use humor to express and manage anger. Therefore, the reaction of this type of personality shapes a "No, not me" response. An example of this type is Kitty Walker in the series "Brothers and Sisters", whose husband had an accident and got into a coma because he has been diagnosed as brain dead. Kitty was calm and didn't show any emotional reaction toward the situation, but she started to lose weight. Family members tried speaking to her about the accident but she refused.

However, Robert, Kitty's husband, has been in coma for a year, doctors advised he to remove machines of him but she is not accepting the reality that Robert died a year ago. Another type of trauma response is "Why me", which is expressed by anger. Usually is "Why me" personality go through emotional characteristics, like, feeling rancorous and anger about the world and jealous from others.

Also, he/she acts aggressively because of mixed emotions and tends to blame others for the lost. Moreover, the anger trauma response personality tends to question his/her beliefs, decrease his/her desire to socialize, and have emotional situations in unexpected times (Martin, n. d.).

There are physical characteristics for anger trauma response personality, such as, frequently sighing, also exhausted mentally and physically of thinking about their lost and the anxiety to express their pain and grief with tears (Smith, 2010). Hence, this personality's way to react toward pain, grief, and anger explains the "why me" response. Kimberly Allen from New York City in USA is an example of "why me" personality. She lost her husband and her 6 months baby in a car accident before Halloween.

Kimberly said that when she got the news from the hospital she was in a shock, crying, and saying "from all the world you took my husband and son", after that she started to act aggressively, cry in unexpected times, and question her beliefs about God. A final type of trauma reaction is "ok, I can handle it" response, which is about accepting reality. The song "Fly", sung by Celine Dion described her emotions and feelings surrounding her niece's death, Karin who died from Cystic Fibrosis. Also, John Travolta, who lost his 16-years-old son, Jett, in 2009.

These two celebrities are examples of accepting the death of loved one's and continuing life. Even though he/she accepted their lost, they went through emotional characteristics that includes sadness, tears, and worries about how the lost will affect their lives, also Melinda Smith (2010) added the distress emotions in anniversary, birthdays, and holidays because they miss

their presence. However, the acceptance trauma response personality may feel relief because the person was ill before death. Moreover, he/she will accept what life gives them and that death is universal.

Also, the death of their close people may change them positively and raise their awareness about things they never noticed before. They also face physical characteristics, such as, tired face and redness eyes because of the sadness and grief they are going through. Also, may lose their appetite for short period of time (Smith, 2010). Therefore, the ??? ok, I can handle it??™ pictures how a person accepts a trauma and live with it. To conclude, each person behaves in a certain situation depending on his/her personality. Therefore, when people face traumas they react to it by denial, over react, or acceptance.

Facing a trauma does affect a person??™s life in each aspect; however, it changes a lot too and makes him/her stronger than before if he/she dealt with it correctly.