

HELPING IN A CRISIS

Healthy and Unhealthy Ways to Meet a Crisis

UNHEALTHY WAYS TO MEET A CRISIS

1. Deny that a problem exists
2. Evade the problem (via alcohol, for example)
3. Refuse to seek help or to accept it
4. Hide the fact that you have feelings of sorrow, anger, guilt, etc.
5. Don't think through the nature of the crisis situation
6. Give no thought to practical ways in which you might deal with the crisis
7. Blame others for causing the crisis and expect that somebody else is totally responsible for curing it.
8. Turn away from friends or family
9. Refuse to pray about the crisis
10. Convince yourself that a crisis is evidence of God's punishment or disfavor.

HEALTHY WAYS TO MEET A CRISIS

1. Face the fact that there is a problem
2. Attempt to understand the situation more fully.
3. Open channels of communication with friends, relatives, pastors, or others who might be able to help you.
4. Face up to your negative feelings of guilt, anxiety, or resentment, and consider actions and alternative ways of viewing the situation so that you can deal with these feelings.
5. Separate the changeable from the unchangeable in the situation and accept that which cannot be changed.
6. Explore practical ways of coping with the problem, and take steps (however small) in handling the problem in a practical way.
7. Accept responsibility for coping with problems, even problems which seem to have arisen from situations beyond your control.
8. Draw closer to friends and family, especially those who are helpful.
9. Pray about the matter, honestly sharing your concerns with God.
10. Do not forget the sovereignty of God, who loves mankind and is both aware of our crises and concerned about us.