

Life Comes at You Fast

Sudden change. We've all experienced it. Sometimes it comes at us from outside, completely and utterly beyond our control. Think about such things as pandemics, tornadoes, or stock market crash. Sometimes it hits very close to home, such as when someone you love receives a terrifying diagnosis, or when you experience a death in the family.

Regardless of the cause, sudden and unexpected change, can hit you like a ton of bricks, causing serious disruption in your life on all levels. Worse, more often than not, this kind of crisis is entirely and utterly beyond your control. How do you deal with this?

This course will take you on a journey through the chaos as you explore the topic of sudden negative change and how to deal with it. This is an intense study, but a necessary one. In today's world, it seems we have more and more sudden negative changes coming our way. Being prepared is the key to coming out on top. Thankfully, with this course and a little preparedness of your own, you're going to be ready for anything.

Let's get started!

Day 1:

In today's lesson, we're going to be exploring the emotional effects of sudden negative change.

You're going to run the gamut on emotional fallout after sudden negative change. Expect to hit just about every item on this list at some point throughout. Though even then, you'll be seeing psychological effects for a long time to come. When the sudden negative change is long-lasting or has been especially severe, you can expect to be dealing with PTSD or trauma recovery for some time to come. The other emotions in detail:

Shock

You can't believe this is happening. You feel distant and even 'out of body' as you struggle to accept the new reality.

Disbelief

You want to deny the change ever happened. You insist life is the same as it always has been. This can be especially dangerous if the threat isn't fully past yet. Say you're still reeling from the first earthquake and are caught entirely unprepared for the aftershock that comes an hour or two later. Or the shock of a forest fire destroying places near, you might be blinded to the fact your house is still in danger.

Fear

What if it's not over or gets worse? You may become obsessive with this state depending on the level of trauma. If the sudden negative change has been particularly bad, you might develop phobias regarding the change itself.

Sorrow

It's normal to feel sadness when things fall apart. During sudden negative changes, this sadness can quickly become depression, especially if you couple sadness with the hopelessness of the situation, and start thinking things will never get better.

Weakness

When sudden negative change comes at you, and there's nothing you can do about it, it's natural to start feeling helpless, as though you're at the mercy of whatever is happening to you. This feeling can also bring up a lot of anger at yourself for the perceived weakness, and can even be turned back on yourself in the form of negative self-talk to the extent of self-loathing if left unchecked.

Anger

It's normal to feel mad when something doesn't go right. But anger has a lot of physical qualities to it, starting with raised blood pressure, a higher heart rate, and various effects on the body such as indigestion and headaches. Anger can even lead to things such as heart attacks and has been proven to cause strokes, so rage needs to be watched and controlled carefully, which can, in turn, lead to exhaustion and insomnia. Add in the effects of angry outbursts on those around you, and it's easy to see why this can be one of the worst threats to your emotional well-being during sudden negative change. It's hard work to be angry!

Guilt

If you're experiencing the sudden negative change with others around you (for example, in a wildfire or hurricane, in which your neighbors might also be affected), it's not uncommon to feel guilt. You might see yourself as having come out of things better than someone else, and even been relieved things weren't quite so bad. This can be especially true if you're feeling 'survivor's guilt' for still being here while others died. You might also feel guilt if you think there's something more you could have done to mitigate the disaster in the first place.

Relief

Even if you're not feeling guilty for being relieved about how the situation turned out, relief can be a complicated emotion. If things are getting better, you might feel like you shouldn't be relieved at all if other people are suffering, especially if you're starting to rediscover happiness in the process. Your emotions might feel wrong and out of place, and even suspect. Here is where people start questioning themselves, asking what's wrong with them, that they're feeling anything akin to relief while others are still in the thick of it.

Shame

Any emotion at all can feel like it is absolutely the wrong response. Looking around yourself, you might conclude you shouldn't be sad or angry right now because others aren't. Or that you're too positive. Or...or...or. Honestly, we're experts at beating ourselves up for experiencing spontaneous emotions.

Worry

Being anxious about what's going on is another one of those responses which is perfectly natural, but worry can spawn insomnia, stress, and even panic attacks. Worry can also stall you out, as it leads you to become indecisive or afraid to upset whatever the new status quo is.

Confusion

It's nearly impossible to get your thoughts in order in a sudden negative change, especially initially when the upset is so new. Racing thoughts make it difficult to concentrate or to figure out what the next logical steps might be.

Depression

Why has this happened to you? Your mental health can become thoroughly shaken by all of this. Start putting all these complicated emotional responses together, and it's no wonder you feel sadness and even depression over what's going on. Depression can lead to poor decision-making, such as sleeping all day or turning to other coping mechanisms like overeating. When depression really kicks in, it can lead to self-harm or even suicide.

All these emotions together create quite an impact on a person. It's no wonder that people who are experiencing sudden negative change are more prone to substance abuse, divorce, and lasting PTSD.

Now, let's take some time to investigate these emotional impacts in more detail.

Please proceed to Exercise 1

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[EXERCISE 1](#)