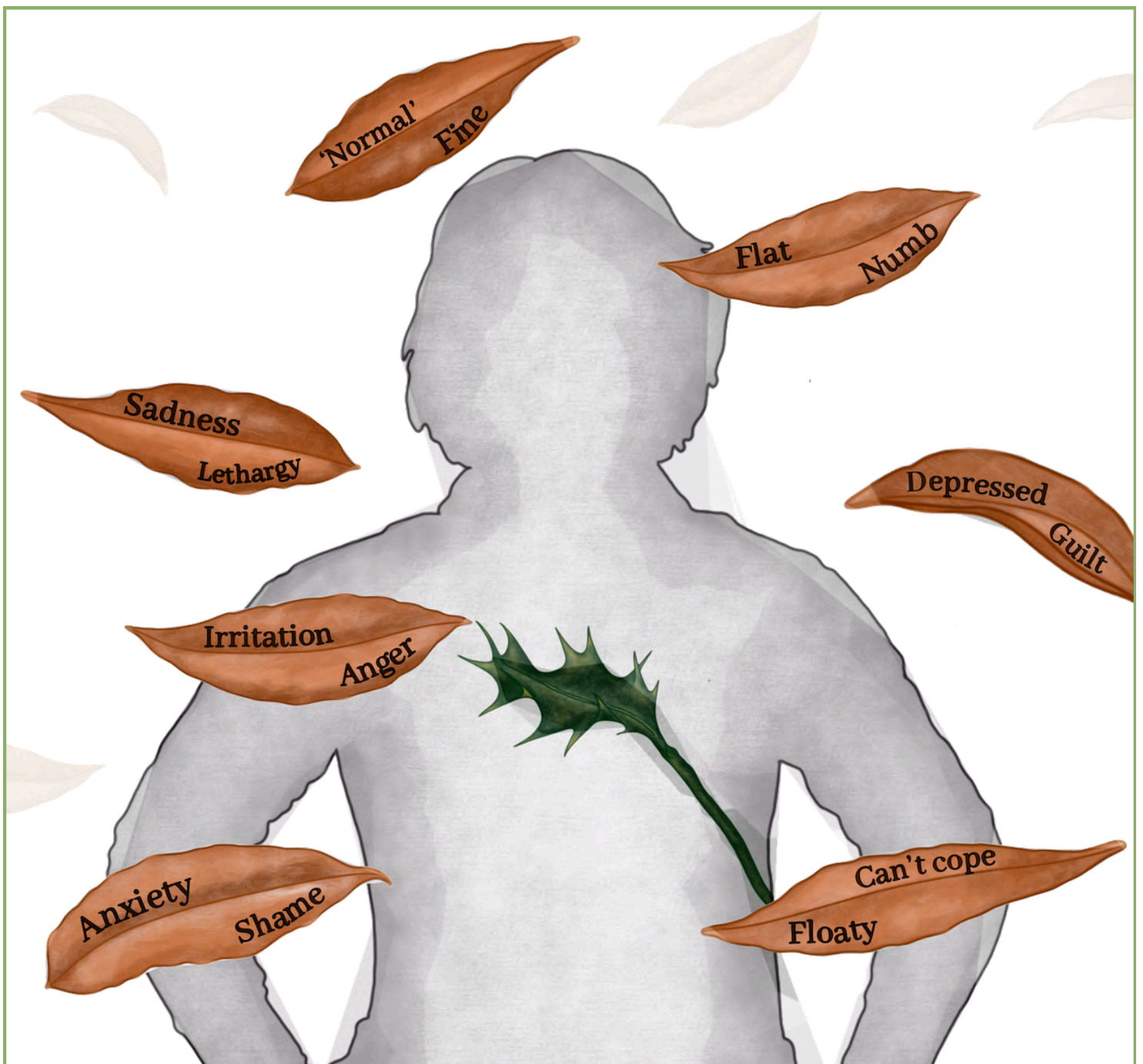


# Why am I feeling this way?

This is a question that we might ask ourselves in the aftermath of significantly distressing events or experiences. Now that the trial is over and the sentencing has been heard, you may find that you are feeling a whole range of different things.

Maybe some of the feelings below resonate with you?



All these feelings and many more are appropriate responses to distressing events, but some may make less sense than others and leave you with different thoughts. **Perhaps some of the following thoughts feel familiar to you?**



There might be times when you feel emotionally overwhelmed or you try to actively avoid thinking about it. Avoidance is sometimes considered to be unhelpful; however, avoidance can have a protective function and in times of deep distress can be incredibly helpful. It can bring space, create pockets of time to heal and to have a 'break' from being so close to feelings. It's not only helpful but also essential in preventing us from becoming overwhelmed by intense emotions.



These 'breaks' in processing emotional pain crucially allow us space to also manage the secondary stressors - the practical daily tasks and changes brought about as a result of distressing events.

**These might include:**



*Adapting to a new school run*

*Taking on different roles at work to lessen demands on us*

*Taking on different roles at work to increase financial income*

*Embedding new routines to engage in supportive activities*

*Seeking support from wider family or friends*

*Juggling demands to enable you some space for yourself*

Addressing these wider changes is a crucial part of rearranging your world around what has happened.

Building our capacity to cope requires moving back and forth between 'being in the feelings' and avoiding them, in order to create space for the practical tasks of adjusting.

It's like climbing a hill and also needing regular breaks in order to have the stamina and energy to get to the top without collapsing!



# Growing Around

Imagine the distressing event as being like a sharp, spikey pain that you carry inside you. The process of recovery is not about denying the experience or trying to get rid of it, the aim instead is to grow around it; building layers of life around it. In short, processing the thoughts and feelings (allowing them to come and go as they need), and actively resolving the challenges that have arisen will build these layers.



The event is not gone. We have not moved to brand new 'destination' or somehow "gotten over it". We still carry it within us, but the back-and-forth dance of emotional processing and practical rearranging make it less hurtful to carry. Over time the event can be absorbed and integrated, and we can move towards creating a new 'normal' for the way we live our lives.



## Support

If you need some support to help work through the emotional impact and changes, please do get in contact – we have a highly trained team of specialist therapists who are ready to support you however you need.

**Call Beacon House on 01444 413 838 or email us on [admin@beaconhouse.org.uk](mailto:admin@beaconhouse.org.uk) and ask to speak to someone on our helpline. You will be offered a time to speak to one of our team on the same day.**