

Stages of Disaster Recovery

Phase	Time Frame of Phase	Emotions	Behaviors	Most Important Resources
Heroic	Occurs at time of impact and period immediately afterward.	Altruism. All emotions are strong and direct at this time.	Heroic actions. Use of energy to save their own and others' lives and property.	Family groups, neighbors and emergency teams
Tunnel Vision	Overlaps with Heroic, Honeymoon and can extend well into the Disillusionment phase.	Mostly detachment or emotional numbing. Strong feelings and intrusive memories tend to be temporarily minimized, denied or pushed aside	Very activity-focused. Continuing attention to taking care of daily tasks and more basic survival needs of self and loved ones	Family, friends, work colleagues, church/prayer, personal self-care (stress release, meditation . . .)
Honeymoon	From one week to three-six months after the disaster	Strong sense of having shared a catastrophic experience and lived through it; expectations of great assistance from official and government agencies	Victims clear out debris and wreckage buoyed by promises of great help in rebuilding their lives.	Pre-existing community groups and emergent community groups which develop from specific needs caused by disaster.
Disillusionment	Begins as early as 10 days and more commonly around the 3 rd week post-disaster or later. Phase closely associated with extent of losses and resources received—typically lasts from months up to two years or longer.	Strong sense of disappointment, anger, resentment and bitterness appear if there are delays, failures or unfulfilled hopes or promises of aid.	People concentrate on rebuilding their own lives and solving individual problems. The feeling of "shared community" is lost.	Many outside agencies may now pull out. Indigenous community agencies may weaken. Alternative resources need to be explored.
Reconstruction/ Recovery	Lasts for several years following the disaster	Victims now realize that they need to solve the problems of rebuilding their lives. Visible recovery efforts serve to reaffirm belief in themselves and the community. If recovery efforts are delayed, emotional problems which appear may be serious and intense.	People have assumed the responsibility for their own recovery. New construction programs and plans reaffirm belief in capabilities and ability to recover.	Community groups with a long-term investment in the community and its people become key elements in this phase.

Delayed Responses *Any time post-trauma* *Emotions/memories intrude*