

FOUR PHASES OF DISASTER RESPONSE

Phase of Disaster Response	Usual Length of Time in that Phase	Actions	Emotions
Heroic Phase	Prior to Impact and up to a Week Afterwards	Struggle to Prevent Loss of Lives and Minimize Property Damage	Fear, Anxiety, Stunned
Honeymoon Phase	Two Weeks to Two Months	Relief Efforts Lift Spirits of Survivors; Hopes of Quick Recovery Run High; Optimism is Often Short Lived	Euphoria at Being Alive, Grateful, Grief, Disbelief
Disillusionment Phase	Several Months to over a Year	The Realities of Bureaucratic Paperwork and Recovery Delays Set In; Outside Help Leaves; Survivors Realize They Have Lots to Do Themselves and Their Lives Many Never Be the Same	Frustration, Depression, Self-Doubt, Loss/grief, Isolation
Reconstruction Phase	Several Years	Normal Functioning Is Gradually Reestablished	Satisfaction with Progress, Emotions Appropriate to Current Events