Phases of Collective Trauma Response

Sudden Impact

Heroic Phase

Disillusionment Phase

Rebuilding and Restoration Phase

Wiser Living Phase

Estimated 24m-60m Community Process

You’ve reached the end of the disillusionment phase when you are able to acknowledge that no amount of heroics can change the fact that this loss occurred, while also goodness still exists in life.

These efforts are different from heroics, because they exist beyond disillusionment, in full awareness of loss, which is why this phase includes times of grief, unexpected remembering, and times of memorial, alongside new initiatives and creations.