

**NOTE\*** The defusing process is most effective when you focus on the disastrous event(s) in this sequence:

1. General events  
↓
2. Event-specific experiences  
↓
3. Personal experiences

**EXAMPLE:**

If the event was an earthquake, then do the following:

1. ("General") - Talk/draw about earthquakes in general: "earthquakes happen when...", "an epicenter is..." etc.



Then...

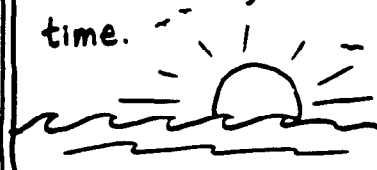
2. ("Event-Specific") - Talk/draw about the local earthquake you just experienced.



Then...

3. ("Personal") - Talk/draw about each person's personal experience in that earthquake.

**NOTE\*** This process needs to conclude with quiet, reflective time.



★ Remember!... you can use this after ANY KIND OF DISASTER ~

