Your Name

Instructor Name

Course

Date

Reflect and React

It happens in life when people go through a lot of ups and downs, and twists and turns. Such situations often create a chaos in their lives and often families are disturbed or destroyed. There are several stressors that a family has to go through such as addition of a family member, loss of a family member, ambiguous loss, sudden or unexpected change, ongoing family conflict, caring for a dependent or disabled family member, demoralizing events, daily family hassles, and anxieties about children in a “Culture of Fear.”

My family went through a same situation once and it had a deep influence on the minds and lives of all my family members. A lot of difficulties were experienced by each of the family members and each one of us had to go through many challenges. The incident that my family went through was the death of my youngest sister, Michelle, who died in an accident. Michelle was just 11 years old when she died and her death left all of us in a mess. Our family became a vulnerable family as we were having difficulties in functioning less than effectively before. We were not able to function and do well as resilient families. Our family went through the three common phases of the family crisis i.e. the event of crisis, the disorganization period, and the recovery phase.

The event occurred when Michelle went on a field trip with her school. The bus met with an accident and we lost Michelle. She got an injury in her head and more than half of the bones in her body got broken. When we heard of her death, my mother and father were in a severe trauma. I was also in a state of shock and despair. During the disorganization period, we all went through certain phases of blaming each other such as mother was not giving Michelle the permission for her trip but father and I insisted her to let Michelle go and enjoy. Therefore, mother was blaming father and me for all the crisis that happened to Michelle and our family. We expressed anger and tension and made the situations even worse.

The crisis hit our family very deeply. We were disturbed in the start but gradually we started spending time with each other and arrived at new routines and expectations through careful and thoughtful planning. The social structures of our family were disturbed as we were missing all missing Michelle who was the youngest member of our happy family. However, we tried to improve our social structures and the environmental conditions that helped our family to start with a new life. My mother and father developed a stressful and disturbed relationship after the crisis, but slowly and gradually they sorted out and cleared the matters and misunderstandings and their relationship got well.

My family met the crisis creatively and each one of us fought with our anxiety and depression in the best way. We all maintained a positive outlook towards life and decided to become more productive in our lives. Our thoughtful planning helped us to meet the crisis effectively and create a constructive outlook and supportive family communication to deal with all the conflicts. We developed closeness with each other and opened ways of communication for better understanding. In this way we recovered this trauma and took ourselves out of the suffering and crisis (Lin et al.).

**Works Cited**

Lin, Muriel, et al. “The Relationship between Family Resilience and Family Crisis: An Empirical Study of Chinese Families Using Family Adjustment and Adaptation Response Model with the Family Strength Index.” *Journal of Family Psychotherapy*, vol. 27, no. 3, July 2016, pp. 200–14. *Taylor and Francis+NEJM*, doi:10.1080/08975353.2016.1199770.