

**Disruptions**

**Progressions through Time**

**Kathy Boyle  
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# Disruptions...

Illness  
in the family

Experiencing a  
Natural Disasters

Serious  
injury

Money  
Problems

Marital  
Problems

Drug or alcohol  
Problems

Problems  
with children

Loss of  
a Job

Work  
Problems

Death  
of a  
loved one

Marital  
Problems

Conflict

Dealing  
with a  
Disability

Loss of  
a Home

Financial  
Setbacks

Depression

Aging parents

The background is an abstract composition of warm colors, including shades of yellow, orange, and red, with a textured, painterly appearance. Overlaid on this are numerous thin, white, scribbled lines that create a sense of movement and complexity. The text 'Lead to...' is prominently displayed in the center, rendered in a bold, yellow, sans-serif font with a thick black outline. The word 'Lead' is significantly larger than 'to...', which is followed by three small circles indicating a continuation or a sequence.

**Lead to...**

**Confusion**

**Grief**

**Anxiety**

**Worry**

Sense of  
Helplessness

**Sadness**

**Anger**

**Disbelief**

**Disorganization**

**Shock**

**Exhaustion**

Discouragement

**Fear**

**Despair**

**Depression**

**Withdrawal**

**Denial**

**Perhaps,  
Days..**

**Maybe  
Weeks...**

**Could be  
Months...**

**Might  
even be  
Years...**

**Eventually...  
Lead to...**

Coping Understanding Insights New goals Perspective

# RE-Organization

Acceptance Adjustment Accomodating

**Support Time Nurturing**

**Perhaps,  
With the help of...**

**Friends Family Professionals Communities**

**Disruption**



**Dis-Organization**



**Eventually leads to...**



**Re - Organization**



**With the help of  
people, resources  
and time**





**So...  
I have experienced  
a disruption in my life**



**My experience of the disruption  
has lead to  
"Dis-organization"**



**I am willing to believe...  
that it may take  
weeks or months or years.**



**But eventually,  
I will "Re-organize"  
and I will feel better.**

The background is an abstract composition of warm, earthy tones including deep reds, oranges, yellows, and purples. Overlaid on this are thin, white, scribbled lines that create a sense of movement and texture. The overall effect is vibrant and expressive.

**And for that relief,  
I will be thankful.**

# Disruptions, Progressions Through Time

Most of us have experienced times of disappointment, loss and grieving. Coming to terms with these losses can be challenging and difficult. Perhaps if we understand some of the predictable stages of the process, we may find comfort and healing as the process proceeds.

Gay Becker, in her insightful book *Disrupted Lives*, explains the impact of "Disruption" in a cultural context. Through understanding the cross-cultural aspects of "disruption," she helps to understand and "normalize" the process one is experiencing and, perhaps, not feel so alone or bewildered. She insightfully explains how living through this process is an integral part of being in the human family, experienced in every culture on Earth, over hundreds of generations, throughout thousands of years.

Dr. Colin Murray-Parkes, in his books and articles, presents easily recognizable steps involved in process of acceptance and healing. Two of these steps, "Disorganization" and "Reorganization," encompass a number of possible emotions and strategies. By understanding this context, we may be able to find strength and hope as we progress toward healing and resolution.

This booklet, "Disruptions," provides a very short, simple, visual presentation of the steps that we may experience as we go through the progression from loss to acceptance. Perhaps, some of these ideas might help provide us with some degree of insight and hope.

*May we find comfort, patience and acceptance  
as we cope with the disruptive challenges in our lives.*

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