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:

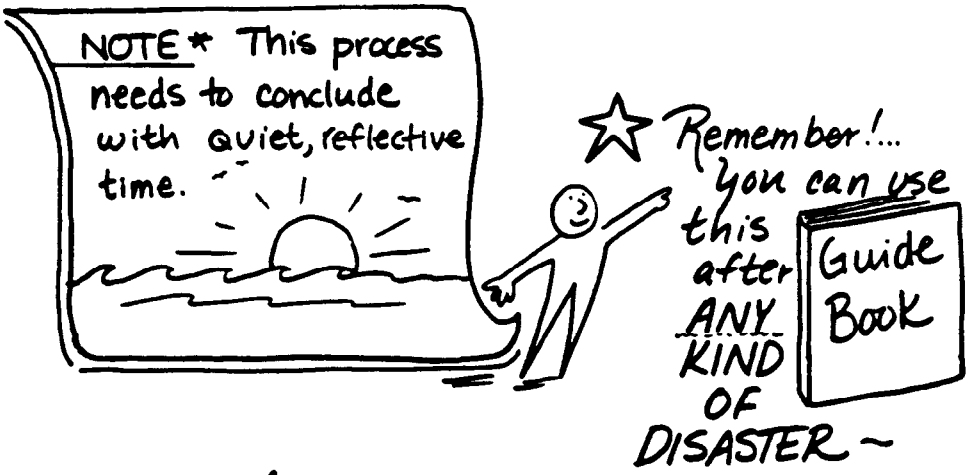
1. ("General") – *Talk/draw about earthquakes in general: "earthquakes happen when..."; "an epicenter is..." etc.*

↓

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.*