

Survivor's Guilt



Survivor's guilt is a response to an event in which someone else experienced loss but you did not. This could include loss of life, property, a job, health, a relationship or any number of things that are important to you. You may feel a sense of responsibility or may constantly ask "why?" especially if you feel the event could've been prevented.

Common Symptoms of Survivor's Guilt

- Obsessive thoughts about the traumatic event
- Having flashbacks
- Feeling irritable
- Having difficulty sleeping
- Feeling immobilized or numb
- Feeling helpless
- Having suicidal thoughts
- Having an intense sense of fear
- Experiencing physical symptoms such as headaches, stomach aches, etc.

Healing Strategies for Recovering From Survivor's Guilt

- Create spontaneous memorials.
- Journal your thoughts and feelings.
- Participate in activities that help others.
- Take part in a community re-building.
- Offer to assist others with routine tasks.
- Join a support group and talk about your experience.
- Stop 'doom-scrolling' on your mobile device.
- Surround yourself with family and friends who love and support you.
- Reach out to Best Care EAP. Our compassionate counselors can help.

Symptoms of survivor's guilt may not appear for weeks, or even months, after the traumatic event. If your feelings and emotions disrupt daily activities, it's time to seek help.

Call Best Care EAP.

To schedule an appointment with a counselor, complete our [Counseling Registration Form](#). If you have issues with the form, please call Best Care EAP at (402) 354-8000 or (800) 801-4182 and we'll be glad to help.