

# In Their Shoes

## IMAGINE

Imagine what it would be like if today you needed to suddenly evacuate your home. What if you had seen, heard and felt the kinds of disaster-related experiences you witnessed on the news?

How would you feel if you went through the kinds of abrupt changes that the evacuees did? As an evacuee you are suddenly placed in a crowded shelter many miles from home. You are cut off from most of the people you know. You are dependent on the charity of the government and others. You are in shock. Your options are very limited. You must wait for others to approve things and take key actions.

A few weeks later you find yourself in an empty apartment or trailer with some basic furniture, clothes and food. You get your children into school and locate a job. The new job does not pay as much as you had been previously making. The FEMA rental payments will end in the near future.

One big question is if you will return or not to your home. Would it be better to stay and rebuild your life in this strange place? Or would it be better to return and rebuild with the difficulties that includes? And if you are going to return, then when will you leave?

## GOLDEN RULE

Think about what would be like if you were in their shoes and they were in your shoes. In that case then what would you what them to do to help you? The Golden Rule says to do unto others as you would have them do unto you. How might that saying of Jesus apply in this situation? (Luke 6:31)

Possible Feelings			
Isolated		Fearful	Numb
Depressed		Despair	Hopeless
Discouraged		Angry	Helpless
Disoriented		Resentful	Desperate
Directionless		Bitter	Neglected
Insecure		Confused	Weary
Overwhelmed		Sorrowful	Frustrated
Worried		Grief stricken	Distressed

Risk if Problems Persist			
Depression		Addictions	Crimes
Mild to severe		Rx drugs	Steal
Sleeping disorders		Illegal drugs	Cheat
Eating disorders		Internet pornography	Family violence
Alcoholism		Desertion	beat child(ren)
New		husband just leave	beat wife
Increased		wife and children	Suicide
		Divorce	