

# Outrage Components

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## “Risky”

- Coerced กดดัน
- Not Natural
- Not Familiar
- Memorable
- Dreaded
- Unknowable
- Controlled by others
- Unfair
- Morally relevant
- Untrustworthy source

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- extreme or prolonged sadness turns into misery or even **depression**

- help them bear it by **offering them ways to aid victims.**

- Offer people things to do.

- Let people choose their own actions

- Ask more of people

In a crisis, **pro-social**, **resilient** impulses vie for dominance with less desirable impulses: panic, passivity, selfishness

- Ally with the former against the latter by asking more of people.

- Ask for people's help **before the crisis** as well as **during it.**

- Ask them to **help their community and their neighbors** (and your organization), **not just themselves** – but do ask them to help themselves.

-Ask more of people **emotionally** too.

Give **us** “**permission**” to find the situation unbearable, but make it clear that you expect we will be able to bear it.

- Suicide precaution