

Recognize I am in a dangerous situation

Feel terrified that I'm about to have an accident (or get hurt)
Feel shocked to suddenly be in a situation that could be dangerous
Figure out if this is a dangerous situation

Get safe again

Behave in a smart way so I can get out of this dangerous situation safely despite the adrenaline
Reach out mentally to others for help to get out of the situation
Get people in the train car to look up by making a cracking sound on my water bottle...

Find out if anyone was hurt

Feel relieved I was / others were not hurt
Feel relieved that my husband is such a good driver that he could slow down and avoid letting the black car that came across the center divider hit us
Worry I might have hurt someone

Feel relieved it's over

Spend some time getting the adrenaline out of my system
Feel grateful to the person who helped me get out of the dangerous situation
Feel surprised I reacted this way

Feel angry at the other person involved

Feel angry at the person who could have avoided causing this
Confront the other person (or not) so he knows he pulled me out
Confront the person so he won't do it again to anyone else

Feel upset with myself

Feel remorseful about jeopardizing both our lives with my negligent driving
Feel frustrated that the driver and occupants of the work vehicle appear to have no idea the damage they caused me
Feel angry at myself for not recognizing it sooner than when I see him lunge for his friend in that awful way...

Return home/to what I was doing

Get back home
Make the car safe enough to drive home by getting the door open and struggling to push the stuff down on the windshield
Finish what I had started, even if I'm scared

Follow the insurance process

Exchange insurance information with the other person because there was some minor damage
Decide to go back since I saw in the rearview mirror that he had stopped and we should exchange insurance information
Try to find my proof of insurance either in my purse or in the glovebox

Spend time thinking about what happened

Try to figure out what just happened / how
Think about what would have happened if
Feel shocked that someone almost collided with me while I was in a vulnerable position kicking on my back
Feel amazed how such a minor thing caused such big repercussions

Try to prevent this from happening again/to others

Report the incident (or not) to authorities so they know what happened
Convince someone to prevent this from happening again
Change my actions so this doesn't happen again
Prevent an accident by following safe habits