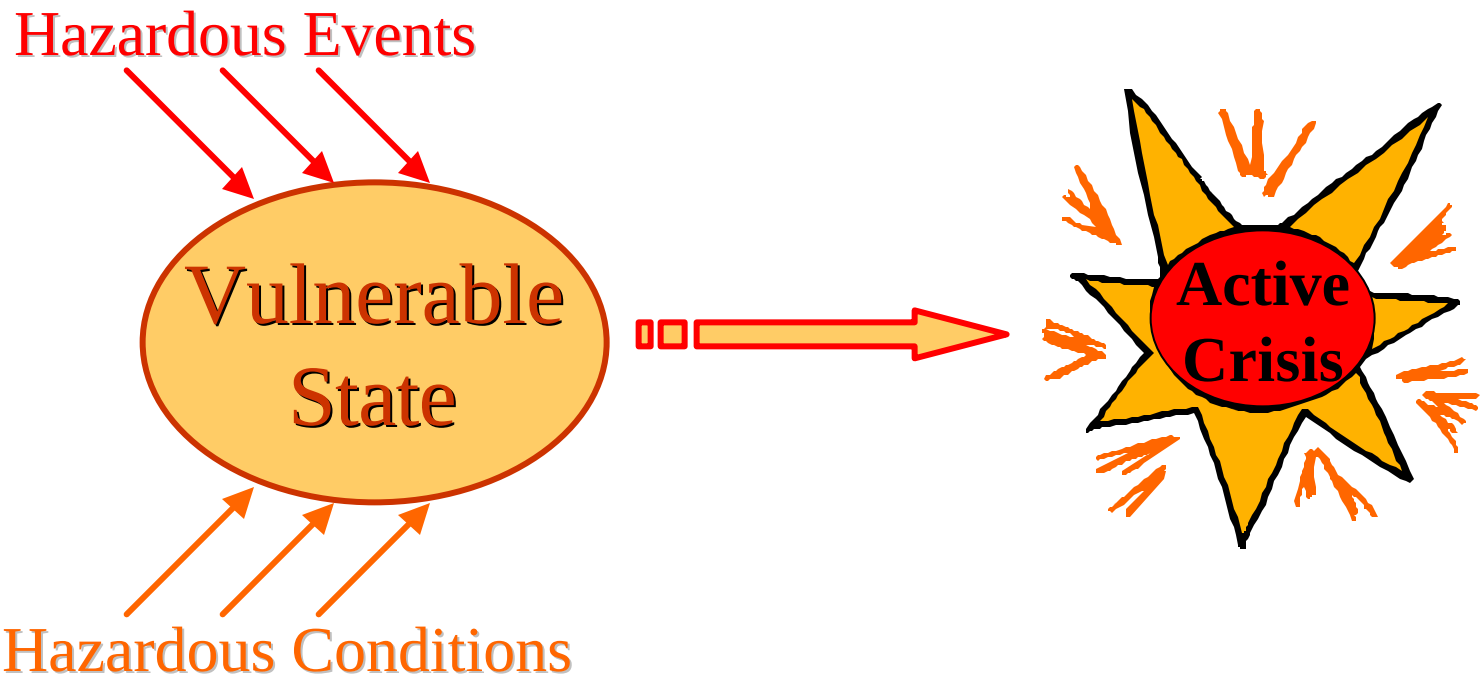
Vulnerable State

The Vulnerable State is a pre-crisis state:



VULNERABLE STATE



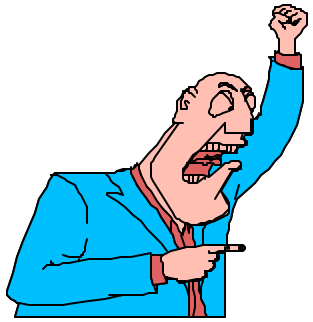
When individuals and families are experiencing hazardous conditions or events in their lives,

there is a corresponding rise in the tension that they feel.



VULNERABLE STATE

Clients may verbalize this tension in many ways:





"I could feel the pressure mounting!"
"I knew something was wrong!"
"Even little things seemed overwhelming!"
"I felt like I was going to explode!"
"I felt like I was losing control!"
"Things just didn't seem to matter anymore."
"I don't know why I am here, but I need help!"







Demographics and Life Experience:

Depending on who we are and our life experience, a given event will be perceived, appraised, and reacted to quite differently. For any given life event, some folks may be very upset while others will be less disturbed about the change. Research demonstrates gender, ethnic and class differences:

Gender:

Infidelity - A husband is more distressed by his wife's infidelity than a wife is by her husband's infidelity.

Miscarriage - This event is obviously more distressful for women than for men.

Relative dies - More stressful for women than for men.

VULNERABLE STATE

Demographics and Life Experience:

Ethnicity:

Severe illness - Most stressful for African Americans and less so for whites and Puerto Ricans.

Sent to Jail - Most stressful for African Americans and less so for whites and Puerto Ricans.

Unable to get medical treatment - Most stressful for African Americans, less stressful for whites, and least stressful for Puerto Ricans.

Loss of home - Most stressful for African American families and less stressful for Puerto Rican and white families.

Demographics and Life Experience:

Social Class:

Divorce - Most stressful for middle-class couples, less stressful for upper class couples, least stressful for lower-class couples.

Death of a child - Most stressful for middle-class parents and less so for upper-class and lower-class parents.

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