

Phases of Recovery

Reflect: In which phase of recovery are you?

01

Safety & Stabilization.

Have I established **bodily safety**? (e.g., "I am sober, no longer hurt my body, I go to the doctor" vs. "I still self-injure, do drugs, and let my body be abused"). If not, what still needs work?

Have I established a **safe environment**? (e.g., secure living situation, non-abusive relationships, I can earn enough to take care of myself). If not, what needs to change and what can I do?

Have I established **emotional stability**? (e.g., ability to calm the body, regulate impulses, self-soothe, manage triggering). If not, what still needs work?

Do I have a **safe and stable life in the here and now**?

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02

Coming to Terms with Traumatic Memories

Do I try to avoid the word trauma? Can I acknowledge the past? Or am I always focused on the past? Can I recognize when I am triggered? Or do I just go into the past without knowing I'm triggered? What triggers me most often? Do I know and appreciate how I've survived?

03

Integration and Moving On

Does the trauma feel more finished? Am I less often triggered or quicker to recognize triggering? How has my relationship to other people changed? Do I still believe it was my fault? Or do I have more perspective? What good qualities or skills do I have as a result of what I went through? Has the trauma changed my goals in life?
