

Stages of Recovery

Damage and Loss	Pre-Recovery	Early Recovery	Advanced recovery	Growth and Expansion
Shaming	Focus on relief from the pain or discomfort of existence	External direction and validation	Self-inquiry	Integration
Family dysfunction	Patterned behavior without awareness	Attempts to adhere to formulas	Healing	Self-Care habits
Abuse			Accountability	Service and Contribution from generosity/love to the world
Neglect	Some awareness of the cost associated with the relief behavior	Attempts at control with a range of success and failure	Focus on Personal Responsibility	Compassion
Unresolved grief	Awareness of automatic and patterned behaviors but hiding it from others	Service from compliance	Self-Awareness	Clarity
Emotional wounds		Restoration of physical health	Repair and Restoration	Connection
Parental or partner addiction	Attempts to control and manage automatic and patterned relief seeking behaviors	Break from toxic relationships	Service from gratitude	Access to wisdom
Development of beliefs and values		New support group to support and encourage recovery	Commitment backed by action	Restoration of personal power
Development of coping strategies	Modification of use and behavior including attempts to control or abstain	Interest in spirituality for comfort and relief	Emotional healing	Access to choice
Early childhood experiences		Joining self-help groups	Reflection and Introspection	Discovery of purpose
Inaccurate meaning-making	Focus on Control of the habitual behavior	Extreme thinking and behavior	Authenticity	Healthy, empowering, and automatic programming and behavior
	Making and breaking promises	Abstinence from or modification of habitual behavior	Restoration of mental health	Restoration of emotional health
				Resiliency

What stage of recovery are you in?