



The Stages of Recovery

Developing

- Break through Denial
- Understanding the Nature of the Illness

Crisis/ Decision

- Surrender to the Process
- Limited Damage

Shock

- Establish Sobriety for both Addict and CO-Dependent
- Assure Physical Integrity
- Participate in a Culture of Support
- Shame Reduction

Grief

- Grieve to losses
- Acknowledge Cycles of Abuse
- Bring Closure and Resolution to Addictive Shame

Repair

- Restore Financial Viability
- Restore Meaningful Work
- Create Lifestyle Balance
- Build Supportive Relationships
- Establish Regular Exercise Patterns
- Restructure Relationship with Self

Growth

- Resolve Original Conflict/ Wounds
- Restore Healthy Sexuality
- Alter Dysfunctional Family Relationships
- Succeed in Primary Intimacy

Family

- Commit to Recovery for Each Family Member
- Resolve Issues with Children
- Resolve Issues with Extended Family
- Work through Differentiation
- Commit to Primary Relationship
- Commit to Couples Recovery