

Stages of Trauma Recovery

Recovery from trauma often covers 3 stages.
Remember - recovery is complex, and rarely moves straight from one stage to the next.

Stage 1 - **Safety and Stabilization**

Focuses on ensuring literal safety, and managing painful emotions, memories, body sensations, and relationships with others.

Stage 2 - **Processing**

Involves telling the trauma story, reclaiming and transforming the traumatic memories so they can be integrated into your life story.

Stage 3 - **Integration & Post-Trauma Growth**

Focuses on developing a new sense of self and creating a new future.

Trauma Healing Quick Start

Sebastian Brünink

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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