

The Stages of Recovery

Recovering from a loss takes place in three distinct – and often overlapping – stages. They are:

- Shock, denial, numbness
- Fear, anger, depression
- Understanding, acceptance, moving on



Each stage of recovery is necessary, natural, and a part of the healing process. We go through the three stages of recovery no matter what we lose. Loss is loss, no matter what the cause. When someone or something we love is taken from us, that is loss.

The only difference in recovering from one loss or another is the *intensity* of feeling and the *duration* of the healing process. The greater our loss:

- the more intensely we feel each of the stages of recovery
- the longer it takes to pass from one stage to another

With small losses, the three stages of recovery can be moved through in minutes. For large losses, it may take years.

The body, mind and emotions have enormous wisdom. They know how to heal themselves, and the amount of time they will need to do it.

Give them what they need to heal. Trust in the process of recovery.

