

Emotional Stages of Recovery

NAMI is here for you at every stage.

I. Dealing with Catastrophic Events

Crisis/Chaos/Shock
Denial; “Normalizing”
Despair; Detachment

Needs

Support
Comfort
Empathy for current situation
Help finding resources
Crisis Management
Reassurance
Empathy for pain
Permission to be numb
Hope

II. Learning to Cope

Anger/Guilt/Resentment
Recognition
Grief

Needs

To permit and vent feelings
Education
Self-care
Networking
Skill training
To let go
To learn the system
Hope

III. Moving into Advocacy

Understanding
Acceptance
Advocacy/Action

Needs

To restore balance in life
Responsiveness from the system
To find meaning
A sense of empowerment
Activism
Hope