

Five Stages in the Recovery Process

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Impact of Illness

“The shattering of one’s world, hopes and dreams.”

- ***There are times when the person is overwhelmed by*** the disabling power of the illness. The impact of the illness is the dominant experience in a person’s life and the person is having difficulty functioning.
- The danger is that the person will re-define her identity in mental illness terminology that will automatically limit her future.
- The role of services is to decrease the emotional distress by reducing the symptoms and communicating that there is life after diagnosis.



Life is Limited

“We both gave up. Giving up was a solution.”

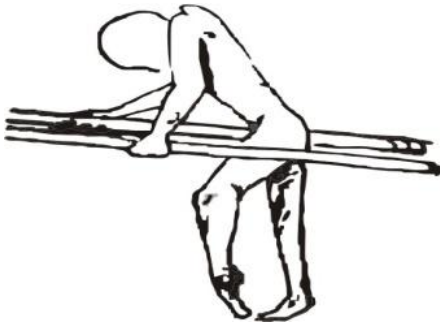
- ***There are times when the person has given into*** the disabling power of the illness. He doesn't like the way his life is, but believes that this is the best he will ever be. He is not ready/able to make a commitment to change
- The danger is that the person will have identified so strongly with the negative stigma of the illness that he cannot see any possibility.
- The role of services is to instill hope, a sense of possibility, and to rebuild a positive self-image by helping the person review and evaluate his options.



Change Is Possible

“The fragile flame of hope and courage.”

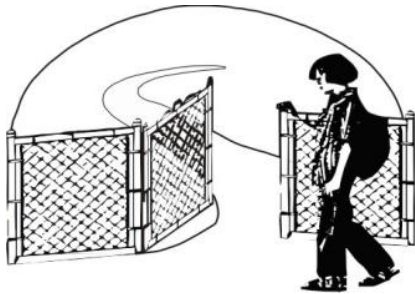
- ***There are times when the person is questioning*** the disabling power of the illness. She believes that there may be more to life than she is currently experiencing and is beginning to believe her life can be different.
- The danger is that she will be afraid to take the necessary risks, or be discouraged to do so, and remain in the ‘life is limited’ stage.
- The role of services is to help her see that she is not so limited by the illness, and in order to move on she will need to take some risks.



Commitment to Change

“I began in little ways with small triumphs and simple acts of courage.”

- ***There are times when the person is challenging*** the disabling power of the illness. He believes that there are some possibilities, but he is not sure what they are. He is willing to explore what it will take to make some changes.
- The danger is that he will not get the skills, resources and supports that he needs to do what he wants to do and will become frustrated and give up.
- The role of services is to help the person take the initial steps by helping him identify his strengths and needs in terms of skills, resources and supports.



Actions For Change

“We rebuilt our lives on three corner stones of recovery - hope, willingness and responsible action.”

- ***There are times when the person is moving beyond*** the disabling power of the illness. She knows the direction she wants to go, but is not sure that she can do it. Yet she is willing to begin to take more responsibility for her life.
- The danger is that she will begin to doubt her ability to function on her own and to take responsibility for her own actions.
- The role of services is to equip her with the necessary skills, resources and supports so that she can trust in her own decision-making ability and take more responsibility for her life.