

# 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