

# Stages of Trauma Recovery

Trauma healing often occurs in four stages.

Stage 1 focuses on establishing safety. Stage

2 involves remembering the trauma and

grieving about what happened. Stage 3

requires a person to reconnect to their core

values and what brings joy. Stage 4 is about

using the skills one has developed to focus

on living life to the fullest.



# Trauma And Recovery

**Richard Bailey**



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