

3 PHASES OF CONNECTED RECOVERY®

Based on Bowlby, Freyd, Maslow, Gottman, and Caudill & Drake

PHASE 1

REPAIR
ESTABLISHING
TRUTH
& SAFETY

Components 1-5

1. Trauma & Escape Cycles
2. Disclosure/Amends and Defining Self
3. Relational Accountability
4. Containment
5. Foundational Connection

PHASE 2

RECONNECT
BUILDING EMPATHY &
CONNECTION

Components 6-10

6. Emotions & Needs
7. Attachment & Family-of-Origin Trauma
8. Relational Patterns & Boundaries
9. Purposeful Sharing
10. Developing & Expressing Empathy

PHASE 3

RESTORE
HEALING
SEXUALITY

Components 11-15

11. Defining Healthy Sexuality
12. Identifying & Processing Sexual Trauma
13. Reclaiming & Redefining
14. Self-Exploration
15. Sexual Connection

