

3 Phases of Connected Recovery™

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

Phase 1:

Repair

*Establishing Truth
& Safety*

Steps 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*

Steps 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

Steps 11-15

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