

# THE RECOVERY JOURNEY

There are a number of common emotional stages that survivors go through. The recovery journey is often experienced in defined stages and although not everyone will go through the stages in the same order, EVERYONE will go through them when they are ready:



**Denial** - A survival technique used when reality can't be accepted. Change causes fear, anxiety or uncertainty and people often respond to change by denying reality.

**Anger and Frustration** - During this phase, it is difficult to deal with the littlest of things and you become easily aggravated. Anger weakens your ability to solve problems effectively, handle change, make good decisions and get along with others.

**Depression** - Depression is painful and emotional. It compounds many challenges patients face and interferes with their ability to reach goals and gain independence.

**Bargaining** - When you try to go back and change what has occurred. Often, this becomes a tool of preventing change when the alternative is too painful to bear.

**Acceptance** - When one can accept the reality of their situation and is ready to move on to the next phase of their life. It is often visible by people taking ownership for themselves and their actions.

By fully accepting life as a survivor, you can make your life work. Life is so much better once you confront a situation rather than live in denial. Running from grief only delays the pain and sorrow you must experience to be able to move towards healing.



**NIEKRO ANEURYSM  
& AVM FOUNDATION**

**NIEKRO ANEURYSM & AVM FOUNDATION  
2401 FOUNTAIN VIEW DR.  
STE 312 PMB 12  
HOUSTON, TX 77057  
INFO@NIEKROFOUNDATION.ORG**