

The Couple-Centered Recovery® Model: Phases of Recovery



Addict's Recovery	Developing (up to 2 years) Crisis/Decision (1 day – 3 months) Commitment to change is made Shock (approx. 8 months) Grief/Amends (4-8 months) productivity, renewal, capacity for joy, deepening bonds, more responsibility and communication Growth					ed (pain, anger, etc.)
			, restructuring relationships	(2 years +)		
Couple's Recovery	1. Seeking Safety and Stability		2. Grieving Togeth			
	Assessment addiction screening screening for cooccurring disorders emotional regulation highest level of care recovery outline reassurance, support Assessment Stabilization normalize PTS create safety, set boundaries empathy skill & capacity building prepare disclosure impact processes Transforming Relational Dynamics: expose dysfunct	Disclosure	Meaning-Making & Grief facilitate amends & impact processes create plan for rebuilding trust cultivate collaborative narrative for shared grief patterns & behavior; challenge	family ofPTS synexpose defensexpandappealmanag	d capacities I to principles ing thirds	Renewal
Partner's Recovery	Pre-Discovery may or may not have sense of suspicion, believing tall tales, experiencing gas lighting, excusing behavior					
	Crisis/Decision/Search addiction exposed, search for information at its highest, turmoil, safety seeking					
	Shock		suspicion, despair, ruminating, questioning, distrust			
		Grief/Ambivalence	Grief/Ambivalence grieve losses, ambivalence, focus on self			
	introspection, decision-making, increas communication and stabi	Repair				
	victimization replaced by empowerment, focus on c			Growth ue		