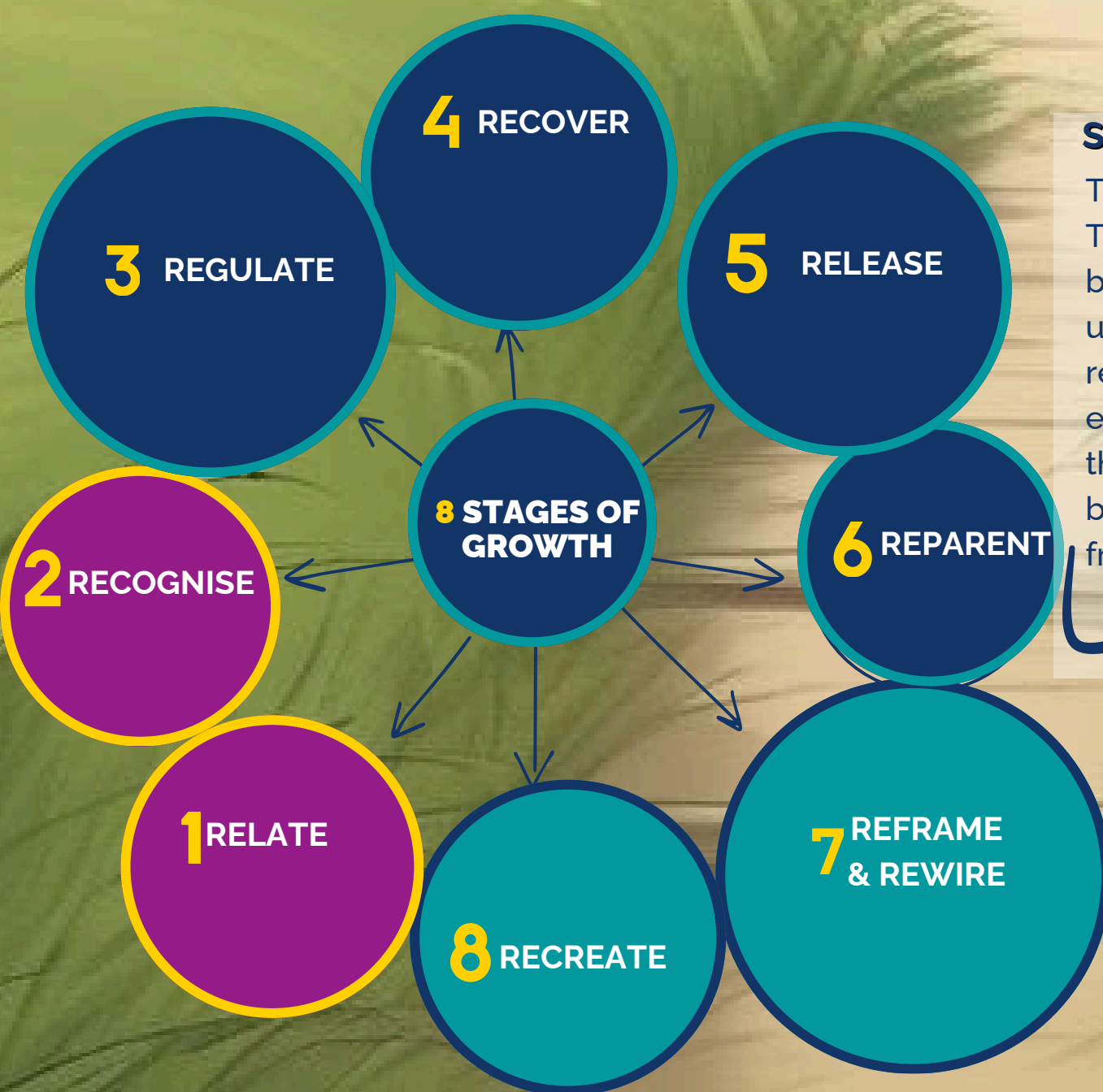


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About The Recovery Process

While the 8 stages are consistent in the various ways of finding your way out, (this example presents 8 stages, but there are infinite versions of this process). the unique way you engage the stages, is yours. You can enter at any stage; 1 through 8, move through them in any order, hang out in 1 longer than others, or you may find you navigate a few simultaneously. These stages are fluid. As such, this visual aid is simply a linear expression of a non-linear and fluid process.



Stages 3, 4, 5, and 6

The typical stages we move through as we do The Work to recover parts of our selves we banished into the unconscious self (the body) until the day comes when we are ready to recover those lost parts, release the lodged emotion from these parts, before we reparent those dis-membered parts to reintegrate them back into the Self. When we do they move from acting out, to showing up in Service.

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Stages 1 and 2

Educating Stages where you are relating to and recognising the effects of ongoing exposure to stress on your brain-body (unconscious self), mind, soul, Educating yourself on The 8 Stages of Growth, and what Tools, Resources, Therapy is available at each stage.

Stages 7 and 8

Your Post Traumatic Growth has tangible evidence you can touch and point to, that provides you with the ability to compare and contrast life before, during, post C-PTSD. You are recreating life with a renewed Brain, Body, Mind, connected to your Soul, that gives rise to all sorts of fun thriving.

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WORTH NOTING:

QUALIFIED TRAUMA-INFORMED PRACTITIONERS

While you can navigate some of this on your own, a qualified trauma-informed practitioner is well worth seeking out. C-PTSD is complex. A good practitioner can be the difference between you fumbling in the dark for years, vs, you finding your way out in weeks.

AN IDEAL PLACE TO START?

Self Education while supporting the body with diet, nutrition, sleep, supplements that support the Central Nervous System to repair from ongoing exposure to interpersonal stress. Then find a qualified practitioner to help you better navigate the path out of the proverbial void.

PSYCHEDELICS

Is best served by engaging a qualified practitioner. There is a lot of non-research out there, a lot of legal matters to consider and geographical deviations on top of that.

NO ONE CAN DO THIS FOR YOU

You are responsible for finding your own way along the path, while using the sign posts available to do your own research. There is no one-size-fits-all. What worked for me, may not be helpful for you.

THE PATH HAS OBSTACLES

Trial and error, self-directed research and a willingness to change are par for the course. As you move through this path, you will no doubt come up against challenges that can't be foreseen in advance. A qualified practitioner can help you navigate such challenge.

Finding your way out, is well worth the effort. There is a quality of life after C-PTSD that feels fun, expansive and various degrees of zen.

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