



GETTING BETTER

- The process of recovery is not usually a straight upward curve.
 - There is a period of initial recovery, in a matter of weeks or months depending upon the particulars of your own situation.
 - After that you may notice your symptoms reappear, then dip and rise again.
 - Eventually you feel like your situation is truly resolving.
 - You feel like yourself, once again.
 - You may experience sadness about the time the entire illness and recovery took.
 - As time goes by, you are able to create a story or narrative about your experience that gives meaning to it that you did not expect to find.
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- **REMEMBER:**
 - One bad day isn't a sign of relapse.
 - A bad day isn't a signal that all of your future days will be bad.
 - A bad day isn't a sign that you did something wrong.
 - A bad day doesn't mean that similar days in the future will be bad.
 - A bad day, no matter how much it feels like it won't, **WILL END.**

Many clinicians and researchers have identified and written about these stages of recovery