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.

- 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.