



Client Handout

# The Two Paths of Recovery

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Recovery from the deep hurt of trauma requires that we walk two paths: the **Thinking Path** and the **Feeling Path**. Because our traumatic injury impacted both our thoughts and feelings, the road to recovery cannot pass through just one or the other. Both are necessary.

## **The THINKING PATH to Recovery**

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**Revisiting the trauma**

in order to

**understand the lessons learned**

so you may

**evaluate their accuracy & relevancy  
for today,**

then

**connect them to Present Behaviors**

in an effort to

**let go of outdated and  
maladaptive responses**

and instead

**replace old unhelpful behaviors with  
new constructive skills**

So you can ultimately

**develop healthier ways of thinking,  
living & relating.**

## **The FEELING PATH to Recovery**

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**Revisiting the Trauma**

in order to

**understand the harm experienced**

so you may

**evaluate the losses associated with  
the hurt,**

then

**reconnect to feelings past & present**

in an effort to

**Embrace the pain, feel the anger of  
violation, and grieve**

and instead

**replace the powerlessness and fear  
with personal empowerment**

So you can ultimately

**live with joy and vulnerability in a  
world of potential harm.**