



Client Handout

The Dual 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

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**let go of outdated and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

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.**