



## ***DEVELOPMENTAL PATTERNS IN RECOVERY***

### **Denying**

- Secret-keeping
- Resistance to intervention
- Unwillingness to acknowledge problem/seek help
- Fear of discovery

### **Admitting**

- Acknowledgment of event(s)
- Minimization
- Blaming
- Shift of responsibility
- Feelings of victimization and being misunderstood
- Secret-maintaining (i.e., withholding undiscovered incidents)
- Guilt/shame at being discovered

### **Accepting**

- Willingness to participate in discipline and reconciliation
- Insight into contributing factors
  - personal needs
  - beliefs and attitudes
  - personality traits
  - precipitating conditions and "grooming" activity
- Empathy for abused persons and their family
- Empathy for own family
- Empathy for congregation
- Movement from guilt to grief

### **Reconciliation**

- Willingness to make restitution: financial, emotional, symbolic
- Responsibility for self-care
- Knowledge of own limits and needs
- Humility and recognized need for support
- Ability to articulate changes beliefs and attitudes
- Acceptance of open-ended professional supervision