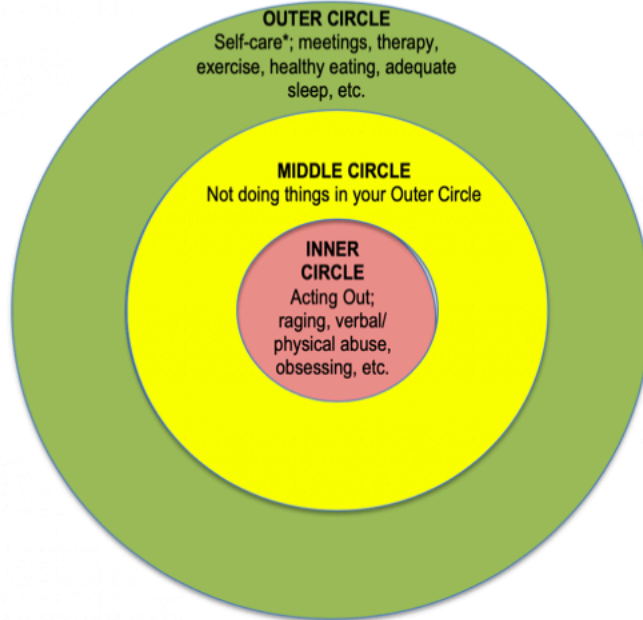


THE CIRCLES OF ISA

The Circles of ISA are a visualization of behaviors for which we hold ourselves accountable.



Green Light Behavior- Outer Circle

Healthy behaviors we identify as helpful to our recovery.

See ISA Self-Care Checklist at www.isurvivors.org.

Yellow Light Behavior- Middle Circle

Cautionary behaviors we identify to warn us that we may be slipping back into old unhealthy thinking or action. “Am I in HALT (hungry, angry, lonely, tired)?” If so, we might be at risk.

Ex. Cancelling appointments could be leading to isolation or numbing out on Netflix could be leading to denial.

Red Light Behavior- Inner Circle

Behaviors we identify as harmful or unacceptable. Conduct we want to abstain from or consider “acting out.”

Ex. Detective work may be necessary in early recovery, but as time goes on this might become behavior that is harmful.

Notes:

- Early recovery focuses on green light behavior. The goal is to become aware of behavior and manage trauma responses by doing things in the outer circle.
- As recovery progresses, more clarity often comes of what to place within the middle/yellow and red/inner circles.
- Some things can be in all three circles depending on the degree to which they are used. i.e. Time alone: Am I stepping away for space to rejuvenate myself, am I avoiding social interactions or am I isolating?