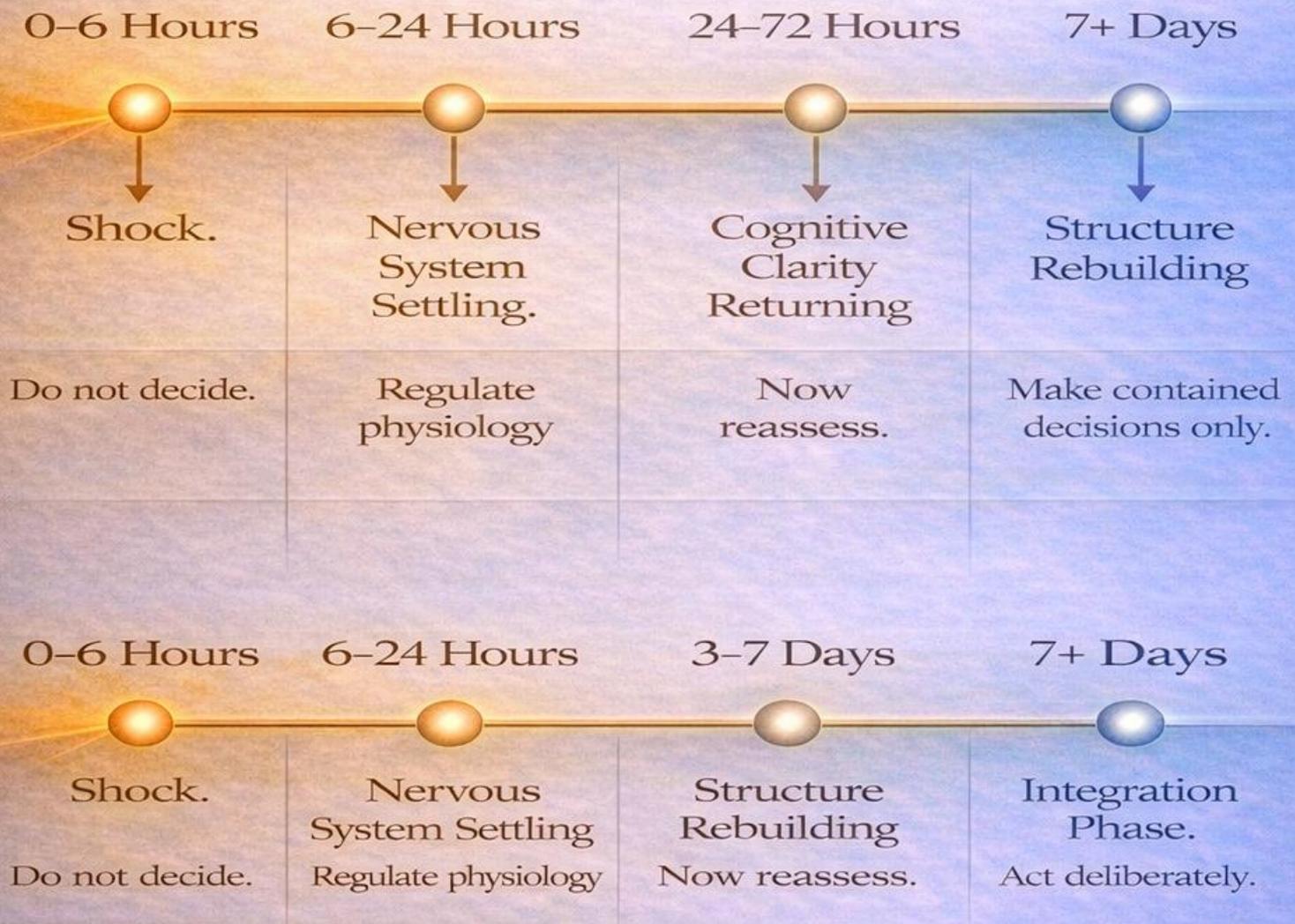


Life. Under Pressure.

THE RECOVERY TIMELINE

Stability unfolds in phases.



Stability is not instant. It is sequential.

Life. Understood.

Gerald Alba Daquila

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The Recovery Timeline

Stability unfolds in phases

0–6 Hours

Shock.

Emotional spike.

Binary thinking.

Do not decide.

6–24 Hours

Nervous system settling.

Energy fluctuates.

Clarity still unstable.

Regulate physiology.

24–72 Hours

Cognitive clarity returning.

Emotion intensity decreasing.

Perspective widening.

Now reassess.

3–7 Days

Structure rebuilding.

Routine returning.

Decision capacity stabilizing.

Make contained decisions only.

7+ Days

Integration phase.

Lessons consolidating.

Clarity stronger than before.

Act deliberately.

Bottom Anchor:

Stability is not instant.

It is sequential.