ATRIA PSYCHOTHERAPY

The Road to Sustained Change

A roadmap for changing how you feel — and what you do.

Change doesn't happen in a straight line. It happens in stages — and every stage has a job to do. Here's the road therapy walks with you, from first noticing to a new way of living.

1 Self-Awareness

Notice what's happening — trigger, feeling, reaction. Just data, no judgment.

3 Processing

Challenge the core beliefs underneath — and process the stuck emotions.

5 Behavioural Experiments

The messy middle: small, manageable changes where the old response used to run.

Rest stop
rest is allowed

7 Integration

Repetition builds new neural pathways — the new way starts to feel like you.

The Hard Part



2 Understanding

Make sense of it: where it comes from, what it protects, what it costs.

4 Skills & Strategies

Build the toolkit: skills, strategies, and tools for responding differently.

6 Tolerating the New

The new way feels strange and uncomfortable before it feels like you. Stay with it.

8 Navigating Setbacks

Setbacks happen. They're information, not failure — and a chance to use the skills.

not to scale — one day at a time

Change isn't a straight line — it's a road you walk, with detours, rest stops, and better views along the way.