

# From a Romance Scam Towards Recovery

Recovery from a romance scam progresses in stages. Inadequate or incorrect support can slow down the healing process.



## 1 DENIAL

A victim of a romance scam is often overwhelmed by disbelief, fear, and shame, making it difficult or undesirable for them to accept what happened or seek help. By denying the situation, they avoid confronting the consequences of the scam.



## 2 ANGER

Anger and rage take hold of the victim. Initially, these negative emotions are directed inward, but eventually, they turn toward the perpetrator. In addition to anger, the victim may also feel guilt and anxiety about what happened.



## 3 ACCEPTANCE

The victim becomes able to accept and acknowledge what happened and seeks help. Support is often needed to ensure recovery from the trauma and to facilitate financial recovery.



## 4 RECOVERY

The victim's recovery begins. Stabilizing finances, daily life, and emotions can take a considerable amount of time. During the recovery process, the victim may also temporarily regress to earlier stages before making further progress.