

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, such as self-blame or even self-destructive thoughts, are directed toward the victim themselves. The anger and accusations may also be directed at the perpetrator. In addition to anger and rage, the person may feel guilt and anxiety about what has happened.



3 ACCEPTANCE

The victim is able to acknowledge what has happened and seek help. Support is often needed to ensure recovery from trauma and financial stability. Accepting what has occurred is a process that is unique to each person and requires processing the experience within a trusted and confidential relationship.



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.