	Focus of Intervention	Stage	Underlying Need
7	Routine, consistency, clear boundaries, CPR	**Move On** I'm ready	Autonomy, independence, self-determination
6	1:1 time, PACE, repair, consistent presence	**Future Planning** Maybe I can do this	Purpose, achievement, opportunity
5	Co-regulation, therapeutic support, grief & loss work	**Insight & Awareness** I understand myself better	Self-understanding, confidence, planning
4	Cognitive and reflective work introduced	**Cognitive Readiness Threshold** Now I can think	Emotional stability
3	CBT tools, empathy work, restorative practice	**Working Through Trauma** The heavy stuff comes out	Processing trauma and loss
2	Goal-setting, education support, motivational work	**Trust & Relationship Building** Are you really staying?	Trust, secure relationships
1	Routine, consistency, clear boundaries, CPR	**Instability & Inconsistency** Everything feels wobbly	Safety, structure, predictability