



RECOVERY | FIELD GUIDE

When a date brings everything back

Prepare for anniversaries, birthdays, and dates no one else remembers.

A note from Victoria

Some dates arrive with a weight other people cannot see. You are not obligated to turn the day into a lesson or a celebration.

What to do

Look at the calendar early. Reduce one nonessential obligation if you can. Choose where you will be, who may check in, and what would make the day gentler. If children are involved, make a simple plan that does not ask them to carry your adult pain.

Words you can use

"This date is hard for me. I don't need you to know every detail. Could we keep our plan simple and check in afterward?"

One useful step I can take today:

I could start with: Put one supportive action on the calendar before the date arrives.

The strength I see in you

You remember, and you are still building a life beyond what happened.

Peer support and education, not therapy, legal advice, or an individualized safety plan. If you are in immediate danger, contact local emergency services or a domestic-violence advocate.



RECOVERY | WORKSHEET

When a date brings everything back

Use this page in your own words. You can leave any part blank.

The date and what it brings up

One obligation I can simplify

A gentle plan for before, during, and after

My next manageable step

A person, service, or place I can turn to (if useful)

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