



RECOVERY | FIELD GUIDE

When an unexpected message arrives

Pause before answering a message that changes your whole day.

A note from Victoria

A sudden text can pull your body back into old urgency. You are allowed to slow the clock. You have already survived times when you had far less room to choose.

What to do

Check whether replying is required and by when. If it is safe, save the message without rereading it repeatedly. Ask a trusted advocate or attorney about threats, court orders, or harassment before you respond. Move the conversation to an agreed channel when appropriate.

Words you can use

"I received your message. I will respond to the specific logistics by [time] through [channel]." If any reply could raise risk, skip the script and use a personalized safety plan.

One useful step I can take today:

I could start with: Write the actual deadline, if there is one, before deciding what to do next.

The strength I see in you

You noticed the pressure to react. That pause is a choice you earned.

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 an unexpected message arrives

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

What the message actually asks of me

What is urgent, and what can wait

What would make a reply safer - or unnecessary

My next manageable step

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

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