



RECOVERY | FIELD GUIDE

The first quiet evening

Make a plan for the hours that feel loud when the house is still.

A note from Victoria

Silence after chaos can feel strange. You are not “doing recovery wrong” if calm feels unfamiliar tonight. I want to help you get through the evening, not solve your whole future.

What to do

Choose a familiar meal or drink, one place you can rest, and one person you may contact. Put essential numbers where you can find them. Decide what can wait until morning. If the place is unsafe or you are at risk, contact local emergency help or a domestic-violence advocate.

Words you can use

“Tonight I could use a short check-in. Could you call me at [time]? I don’t need advice; I need company.”

One useful step I can take today:

I could start with: Choose your one anchoring activity for the next hour, not the entire night.

The strength I see in you

You made it to this evening. Rest does not have to be 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

The first quiet evening

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

The hardest hour of this evening

One comfort I can prepare now

Who could offer company without asking for my story

My next manageable step

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

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.