



RECOVERY | FIELD GUIDE

When you miss someone who hurt you

Hold the feeling without handing it the steering wheel.

A note from Victoria

Missing a person, a hope, or a version of family does not erase what happened. Mixed feelings are human. You can make room for grief and still protect yourself.

What to do

Write what you miss with precision: the person, the routine, the good moments, or the future you imagined. Separately list what made you leave or seek safety. Wait before making contact; talk with a trusted advocate or support person if contact could put you at risk.

Words you can use

"I miss parts of what we had, and I still need to honor what was unsafe." You can say both without arguing with yourself.

One useful step I can take today:

I could start with: Name one safe person to contact before acting on the urge to reconnect.

The strength I see in you

Your honesty about longing is not weakness. It is part of seeing your life clearly.

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 you miss someone who hurt you

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

What I miss most specifically

What I know was harmful or unsafe

What I can do before deciding whether to make contact

My next manageable step

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

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