



RECOVERY | FIELD GUIDE

When someone says “just move on”

Answer the pressure without defending your recovery.

A note from Victoria

The phrase can make you feel unseen. Healing has no schedule that another person gets to set. You are allowed to protect your energy.

What to do

Decide whether this person can listen or whether the conversation should end. You can redirect to what you need now. Save the deeper conversation for someone who listens without demanding a timeline.

Words you can use

“I’m working on what helps me feel safe and steady. I’m not available to debate how long that should take. What would help is [specific request].”

One useful step I can take today:

I could start with: Choose one place where you do not have to explain yourself.

The strength I see in you

You know the difference between pressure and support, and you can choose support.

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 someone says “just move on”

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

What that comment stirred in me

What kind of support I actually need

A boundary I can use next time

My next manageable step

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

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