



RECOVERY | FIELD GUIDE

When your body says no to a plan

Change the plan without turning it into a verdict on yourself.

A note from Victoria

You may be ready in one moment and overwhelmed in the next. Listening to your limits is not the same as giving up.

What to do

Check whether the task is urgent, optional, or can be done with support. Break it into a first five-minute piece or ask someone to accompany you. If symptoms are persistent or interfering with daily life, consult a licensed professional for individualized care.

Words you can use

"I still want to do this, but I need to change how. Could we move it to [time] or do the first part together?"

One useful step I can take today:

I could start with: Name the smallest safe version of the task, or choose rest deliberately.

The strength I see in you

You are adapting instead of abandoning yourself.

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 your body says no to a plan

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

What my body is telling me today

The smallest workable version of the plan

What help or rest I can ask for

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.