



RECOVERY | FIELD GUIDE

Your first support conversation

Tell a peer what you need without telling everything.

A note from Victoria

You can arrive with a messy story or almost no words. Peer support is a place to be heard, not a demand for disclosure.

What to do

Choose one purpose: being listened to, finding resources, or making a next-step list. Set a boundary on details you do not want to share. Ask about confidentiality and limits before telling sensitive information. For crisis, therapy, or legal decisions, use the appropriate professional service.

Words you can use

"I'm not ready to tell the whole story. Could we start with what today has been like and one thing I need?"

One useful step I can take today:

I could start with: Write the one question you would most like to bring to the conversation.

The strength I see in you

Asking for a witness to your experience is a strong beginning.

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

Your first support conversation

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

What I want from a peer conversation

What I am not ready to share

One question I want to bring

My next manageable step

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

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