



RECOVERY | FIELD GUIDE

# When a mutual friend asks questions

Keep your story and location in your own hands.

## A note from Victoria

It can hurt when someone treats your life as an update to collect. You do not need to persuade them to understand before you protect your privacy.

## What to do

Decide what, if anything, this person may know. Avoid sharing schedules, addresses, children's locations, or legal details unless truly necessary. Notice whether this friend passes messages between people. If you are unsure, give less information and check in with a trusted advocate.

## Words you can use

"I'm not discussing the details or passing messages. Please don't share my information. I'll reach out if I want to talk."

## One useful step I can take today:

I could start with: Name one person who has earned the right to hear more of your story.

## The strength I see in you

A boundary around information is not secrecy; it is care for your safety.

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 a mutual friend asks questions

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

### What I am comfortable sharing

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### Information I want kept private

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### How I will respond if the questions continue

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### My next manageable step

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

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