



RECOVERY | FIELD GUIDE

When you have to collect belongings

Plan the pickup around safety, not pressure to get everything at once.

A note from Victoria

Objects can carry memory and urgency. No item is worth walking into danger to retrieve. We can make a small plan that puts you first.

What to do

List essentials separately from replaceable items. Check any protective order or court instructions with a qualified advocate or attorney. Ask whether a neutral third party, civil standby, or authorized pickup process is available locally. Do not announce timing or location on shared accounts. Arrange transport, a check-in person, and a clear exit plan before you go; do not go if conditions feel unsafe.

Words you can use

"I need to retrieve essential items. What safe, lawful process is available, and who should be present?"

One useful step I can take today:

I could start with: Mark the truly essential items and identify an advocate or local service to ask before scheduling.

The strength I see in you

Choosing safety over a rushed pickup is a strong decision.

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 have to collect belongings

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

Items that are essential

A safe and lawful pickup process to ask about

My check-in and exit plan

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.