



RECOVERY | FIELD GUIDE

When a good day makes you doubt the hard days

Let relief be real without rewriting what happened.

A note from Victoria

A lighter day can bring a strange second feeling: "Was it really that bad?" You do not have to stay in pain to prove your story is true.

What to do

Notice what made today easier: rest, distance, a kind person, or a task completed. Keep a private record of your reasons for seeking safety if that helps and is safe to store. Talk through confusing memories with someone trustworthy rather than seeking certainty from the person who harmed you. You may enjoy today without changing your boundaries.

Words you can use

"Today was easier, and I am glad. A good day does not erase the facts I already know."

One useful step I can take today:

I could start with: Write one thing that helped today and one boundary you still want to keep.

The strength I see in you

You can welcome relief and remain loyal to 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 a good day makes you doubt the hard days

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

What made today easier

The fact or boundary I still trust

How I can enjoy relief without second-guessing myself

My next manageable step

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

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