



RECOVERY | FIELD GUIDE

When a familiar smell or sound changes your day

Return to the present without demanding that the reaction disappear.

A note from Victoria

A sound in a grocery aisle or a scent on a jacket can pull you somewhere you did not intend to go. The reaction is real, and it does not mean you have lost your progress.

What to do

If you are safe now, name the date and place quietly. Notice a solid surface under your feet or hands. Move to a quieter spot if you can, and ask a trusted person to stay on the phone if that helps. If this is frequent, intense, or interferes with life, seek trauma-informed professional care. If you are not safe, prioritize getting to safety instead of grounding in place.

Words you can use

"Something reminded me of a hard time. I am safe in this moment, and I need a few minutes before I continue."

One useful step I can take today:

I could start with: Write down one location or person that helps you reconnect with the present.

The strength I see in you

Recognizing a trigger is not surrendering to it; it is information you can use.

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

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

The reminder I noticed

What tells me where and when I am now

A place or person that helps me reconnect

My next manageable step

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

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