



RECOVERY | FIELD GUIDE

When you return to a place tied to the past

Make a short plan for entering, leaving, and recovering afterward.

A note from Victoria

A courthouse, hospital, neighborhood, or store can hold more memory than anyone else sees. Going there may be necessary. You can prepare without pretending it will feel easy.

What to do

Check whether another location, remote option, or companion is possible. If you must go, plan transport, a check-in person, and an exit route. Carry only what you need. Afterward, leave time before the next obligation. If there is a risk of encountering someone unsafe, consult an advocate about a personalized safety plan; do not rely on this sheet alone.

Words you can use

"I need to be at [place] for [reason]. Could you check in with me at [time] and stay available if the plan changes?"

One useful step I can take today:

I could start with: Write the arrival plan, one person to call, and where you will go afterward.

The strength I see in you

Preparing for a difficult place is courage with a plan.

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 return to a place tied to the past

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

The place and reason I need to go

My check-in and exit plan

How I will care for myself afterward

My next manageable step

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

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