



RECOVERY | FIELD GUIDE

When you need to correct a story someone tells about you

Decide whether a correction will help, and choose a safer audience.

A note from Victoria

Being misrepresented can make you want to answer every person at once. I understand that pull. Your energy and safety matter more than winning every conversation.

What to do

Ask what practical outcome you need: a corrected record, a school informed, or a boundary respected. Keep your response factual and send it only to someone who can act. Save evidence on a safe device if appropriate. Do not post private details online to defend yourself. For custody or court concerns, seek qualified legal advice.

Words you can use

"That account is inaccurate. The fact I need corrected is [specific fact]. Please update the record and confirm when it is done."

One useful step I can take today:

I could start with: Name one record or decision that actually needs correction; let the rest wait.

The strength I see in you

You do not have to hand your whole story to people who have not earned it.

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 fact that actually needs correction

Who has authority to correct it

What I will keep private

My next manageable step

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

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