



RECOVERY | FIELD GUIDE

When you return to work after leaving

Keep work practical while protecting information you do not want to share.

A note from Victoria

Going back to work can bring welcome routine and hard questions. You are not required to turn your coworkers into an audience for your private life.

What to do

Decide what your supervisor actually needs to know: schedule changes, a safer contact method, or who should not be given your location. Ask about workplace policies and any applicable leave or safety options through HR or a qualified advocate. Keep requests specific and written when useful. If an unsafe person may appear at work, make a personalized plan with workplace security and a domestic-violence advocate; do not rely on this worksheet alone.

Words you can use

"I need a temporary adjustment to [schedule/contact process]. I can explain the work impact, and I would like my personal details kept limited to those who need them."

One useful step I can take today:

I could start with: Choose one work adjustment to request and one person who can handle it confidentially.

The strength I see in you

Returning to work while rebuilding takes steadiness that others may never see.

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 work after leaving

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

The work adjustment I need

Who truly needs to know

A safer contact or location boundary

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.