7-DAYS Recovery Guide

DAY 1:
SAFETY FIRST

- [ ] Change locks or stay somewhere safe
- [ ] Document everything (texts,emails,incidents)
- [ ] Tell 2-3 trusted people youve left
- [ ] Block or limit contact on all platforms
- [ ] Secure important documents (ID, Birth Certificates, financial records)

DAY 2:
PROTECT YOUR RESOURCES

- [ ] Open new bank account in your name only
- [ ] Change passwords on all accounts
- [ ] Remove access to shared accounts/devices
- [ ] Contact credit bureus if needed
- [ ] Secure your mail (PO Box or Mail hold)

DAY 3:
BUILD YOUR SUPPORT TEAM

- [ ] Contact domestic voilence resources (Crisis Hotline: 1-800-799-7233)
- [ ] Find a trauma-informed therapist
- [ ] Join a support group (online or in-person)
- [ ] Identify your "safe people" to call when struggling

DAY 4:
ESTBALISH NO CONTACT *(If possible)*

- [ ] Block their number and social media
- [ ] Set up communication through third party if co-parenting
- [ ] Prepare for "hoovering" attempts- they will try to pull you back
- [ ] Write yourself a letter about why you left *(read it when you waver)*

DAY 5:
START HEALING YOUR BODY

- [ ] Schedule a medical check-up
- [ ] Begin gentle movement (walk,stretch,yoga)
- [ ] Prioritize sleep (create a calming bedtime routine)
- [ ] Nourish yourself with regular meals

DAY 6:
RECLAIM YOUR IDENTITY

- [ ] List 10 things you like about yourself
- [ ] Do ONE thing you weren't "allowed" to do
- [ ] Reconnect with an old friend or hobby
- [ ] Create a vision board for your new life

DAY 7:
CELEBRATE & COMMIT

- [ ] Acknowldge your courage- you did the hardest part
- [ ] Write down your non-negotiables for future relationships
- [ ] Set one small goal for next week
- [ ] -Practice self-compassion-healing takes time

Remember: You may not feel strong yet, but leaving took incredible strength. The hardest part is behind you. You didn't just survive. You chose yourself. That's everything.