

RECOVER ARRIVE BECOME

CLINICAL THERAPY PRACTICE

AFTER LEAVING AN ABUSIVE RELATIONSHIP

SAFETY PLANNING DOES NOT END AT SEPARATION

After separation, practical, digital, legal, and emotional safety may still need attention. You can take one step at a time.

LEAVING MAY NOT END THE ABUSE

- Stalking, threats, harassment, unwanted contact, financial pressure, or attempts to regain control can continue after separation.
- Some abusive behavior can escalate when the other person feels they are losing control.
- Safety planning after leaving can be as important as planning the separation itself.

PROTECT ROUTINES & LOCATION

- Change locks, access codes, or phone numbers when possible and appropriate.
- Review routes, work schedules, appointments, schools, childcare, and places you regularly visit.
- Consider who truly needs your new address or phone number.
- Ask trusted people not to share your location, plans, or contact information.

DIGITAL & ACCOUNT SAFETY

- Review account passwords, recovery methods, location sharing, connected devices, family accounts, and cloud access.
- If you suspect monitoring, make sensitive changes from a safer device when possible.
- Be cautious about public posts, check-ins, photos with location clues, and mutual contacts who may share information.

CHILDREN, WORK & DAILY LIFE

- Tell schools, childcare providers, employers, neighbors, or building security what they need to know when you feel comfortable doing so.
- If there is a protection order, keep copies accessible and provide them where appropriate.
- Clarify who may pick up children and who should be contacted if the person appears.
- Include pets in your safety planning.

DOCUMENT & PREPARE

- Keep records of threatening messages, unwanted contact, stalking, property damage, or other concerning incidents.
- Store copies somewhere the other person cannot access.
- Keep identification, legal papers, medications, keys, emergency numbers, and essential items accessible.
- A victim advocate or attorney can explain legal and confidentiality options.

SUPPORT AFTER SEPARATION

- National Domestic Violence Hotline: 800-799-SAFE (7233); text START to 88788.
- Call 211 for local domestic-violence programs, housing, and community resources.
- Emotional reactions after leaving can include relief, grief, fear, anger, doubt, or exhaustion.
- Call 911 if you are in immediate danger.

You deserve safety, privacy, and room to rebuild.

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www.recoverarrivebecome.org