

REFILL

by Go-Crypto

An 8-Week Recovery Guide for Victims of Cryptocurrency Fraud

Small, steady practices to rebuild safety, trust, clarity, connection, and confidence

A GENTLE PLACE TO BEGIN

You do not have to solve everything today. Recovery is not only financial. This guide gives you one manageable focus each week—and permission to move at a human pace.

GO-CRYPTO

An educational initiative of Go Mobile Education Zone

Before You Begin

A crypto scam can disrupt far more than your finances. It can shake your sense of safety, confidence, judgment, and connection with others. Refill by Go-Crypto was created to support the emotional and mental recovery that can follow financial fraud.

IMPORTANT

This guide supports wellbeing and reflection; it is not a substitute for professional medical or mental-health care, legal advice, financial advice, law enforcement, or urgent technical response.

If the scam is recent, protect yourself first

Emotional recovery can begin alongside urgent protective action. If funds, accounts, or devices may still be at risk, take the time-sensitive steps below before beginning the weekly exercises.

- ☐ Stop sending money or cryptocurrency—even if someone promises recovery, taxes, fees, verification, or release of funds.
- ☐ Stop communicating with the suspected scammer and do not give remote access to your device.
- ☐ Secure affected email, exchange, financial, and social-media accounts using new unique passwords and multifactor authentication.
- ☐ Preserve evidence: transaction hashes, wallet addresses, screenshots, emails, usernames, phone numbers, receipts, and a timeline.
- ☐ Notify involved exchanges or financial institutions promptly and submit official fraud reports.
- ☐ Be alert for recovery scammers. No legitimate person can guarantee the return of stolen cryptocurrency.

CRISIS SUPPORT

If you feel in immediate danger or at risk of harming yourself, call 911 or contact the 988 Suicide & Crisis Lifeline by calling or texting 988 in the United States.

How to Use This Guide

- Complete one section each week—or stay with a section longer if you need to.
- Set aside 10–15 quiet minutes. Short answers are enough.
- Skip any prompt that feels too difficult and return later.
- Keep the guide private or share selected pages with someone you trust.
- Notice effort, not perfection. The goal is steadiness, not speed.

WEEK 1

Reclaim a Sense of Safety

Begin with stabilization—not pressure.

After fraud, the mind and body may remain in alert mode. You may replay events, question decisions, or feel compelled to fix everything immediately. These reactions are human responses to deception and uncertainty. Before you can think clearly about every next step, it helps to restore a small sense of safety in the present moment.

THIS WEEK'S REMINDER

What happened to you does not define your intelligence, strength, or future. Scammers deliberately exploit trust, emotion, urgency, and complexity.

Your 5% Safer Practice

Ask yourself: What would help me feel just 5% safer right now? Choose one small action, not a complete solution.

- ☐ Drink water or eat something nourishing.
- ☐ Step outside or sit somewhere quiet.
- ☐ Pause scam-related research for a set period.
- ☐ Tell one trusted person where you are and what you need.
- ☐ Write one sentence naming what you feel.

My safety plan for this week

Reflection

When did I feel most settled this week? What helped create that feeling?

WEEK 2

Move at Human Speed

One small act of care each day is enough.

Crypto moves quickly; your nervous system does not. Brain fog, exhaustion, emotional overwhelm, and decision fatigue are common after sudden loss and deception. Slowing down is not weakness. Intentional self-care can reduce pressure and support clearer, safer decisions.

THIS WEEK'S REMINDER

Healing does not happen at blockchain speed. It happens at human speed.

Choose One Small Daily Refill

- ☐ Take a short walk.
- ☐ Drink a full glass of water.
- ☐ Sit quietly for five minutes.
- ☐ Write one sentence in a journal.
- ☐ Step away from crypto-related news for the evening.
- ☐ Do one familiar activity that helps you feel like yourself.

My seven-day practice

Day	My small act of care	Done / note
Day 1		☐
Day 2		☐
Day 3		☐
Day 4		☐
Day 5		☐
Day 6		☐
Day 7		☐

WEEK 3

Relearn Trust

Build confidence through low-risk, thoughtful choices.

Fraud can damage trust in platforms, people, and your own judgment. Second-guessing is a protective response, but it can make ordinary decisions feel heavy. Trust does not need to return all at once. It can be rebuilt through small, verifiable choices.

THIS WEEK'S REMINDER

Trust is not naïveté. Healthy trust grows from discernment, verification, support, and repeated safe decisions.

The Trust Journal

Each day, record one choice you made that supported your wellbeing or safety.

- ☐ I asked a question instead of pretending I understood.
- ☐ I paused instead of acting under pressure.
- ☐ I verified a link, identity, or source.
- ☐ I sought a second opinion from a trusted person.
- ☐ I chose learning over urgency.

Evidence that I can trust myself

A safer decision process

- Pause.
- Verify the person, platform, and request independently.
- Ask someone trustworthy to review the situation.
- Decide only after urgency has passed.

WEEK 4

Reconnect with Support

You do not have to carry this alone.

Scammers often use secrecy, emotional dependency, authority, and isolation as tools of control. Shame may make you want to withdraw, but breaking isolation is part of recovery. Support is not weakness; it is a practical recovery strategy.

THIS WEEK'S REMINDER

You do not need to explain every detail, defend yourself, or ask someone to solve the problem. Connection itself can be stabilizing.

Build Your Support Circle

Personal: family member, friend, partner, neighbor, faith-community member

Professional: therapist, attorney, financial professional, investigator, victim advocate

Community: support group, nonprofit, church, civic organization, trusted network

Reach Out to One Person

Choose a message that feels manageable:

- “Can we talk? I’m going through something difficult.”
- “I don’t need advice right now; I just need someone to listen.”
- “Could you sit with me while I organize the next step?”
- “I’d like help checking whether this source is legitimate.”

The person I will contact: _____ When: _____

WEEK 5

Create Five Minutes of Quiet

Practice presence—not perfection.

After financial fraud, the mind may enter problem-solving overdrive. Repeated thoughts about what happened, what you missed, and what comes next can interfere with sleep, focus, and daily life. A brief breathing practice can create a little space between you and the mental noise.

A Simple Five-Minute Practice

1. **Sit comfortably** — Choose a quiet place and rest your hands.
2. **Follow your breathing** — Inhale gently through your nose and exhale naturally.
3. **Notice thoughts** — When your mind wanders, silently say, “thinking.”
4. **Return** — Bring your attention back to your breath without judgment.
5. **Continue** — Repeat gently until five minutes have passed.

HELPFUL REMINDER

A busy mind does not mean the exercise failed. Mindfulness is not about emptying your mind; it is about stepping back from the noise.

My best pause point

When does my mind feel most cluttered? Could a five-minute pause fit there?

Practice tracker

- ☐ Mon: five minutes completed
- ☐ Tue: five minutes completed
- ☐ Wed: five minutes completed
- ☐ Thu: five minutes completed
- ☐ Fri: five minutes completed
- ☐ Sat: five minutes completed
- ☐ Sun: five minutes completed

WEEK 6

Notice Three Small Wins

Train your attention to recognize forward movement.

Loss can dominate attention. The mind may replay what was lost, what should have been noticed, and what could have been done differently. This can make real progress invisible. Recording small wins helps you see that recovery is already happening.

THIS WEEK'S REMINDER

A win can be practical, emotional, or ordinary. Getting out of bed, making a report, asking for help, resting, and organizing one document all count.

Today's Three Wins

Day 1

1. _____ 2. _____ 3. _____

Day 2

1. _____ 2. _____ 3. _____

Day 3

1. _____ 2. _____ 3. _____

Day 4

1. _____ 2. _____ 3. _____

Day 5

1. _____ 2. _____ 3. _____

Day 6

1. _____ 2. _____ 3. _____

Day 7

1. _____ 2. _____ 3. _____

Weekly reflection

What did I do this week that I might have overlooked before?

WEEK 7

Set Gentle Boundaries

Protect your time, energy, and clarity.

After a scam, you may feel pulled toward constant updates, repeated conversations, endless research, or demands to fix everything quickly. A gentle boundary is a calm, respectful limit that creates room to think and recover.

Where Would One Boundary Help?

- ☐ Conversations: limit how often I revisit the details.
- ☐ Time: check emails or case updates only at set times.
- ☐ External pressure: delay decisions made under someone else's urgency.
- ☐ Information: take breaks from news, forums, and confusing research.
- ☐ Requests: say no to something that adds unnecessary stress.

Boundary phrases I can use

- "I'm not ready to talk about this right now."
- "I'll review that tomorrow during my scheduled time."
- "I need a break from this conversation today."
- "I'm focusing on next steps instead of repeatedly revisiting what happened."

THIS WEEK'S CHALLENGE

Choose one small boundary. Keep it clear, calm, respectful, and realistic.

My boundary this week

WEEK 8

Celebrate Progress

Measure recovery by direction—not speed.

Recovery is rarely a straight line. Progress may look like asking a question, organizing information, taking a break, responding to an avoided email, or choosing a safer decision. Recognizing these moments can restore a sense of control and make forward movement visible.

THIS WEEK'S REMINDER

Progress is not defined by speed or scale. It is defined by direction. Even slow movement is still movement.

My Progress Review

Something that feels easier than it did eight weeks ago:

A positive action I took during a difficult moment:

One way I protected my time, safety, or energy:

A person or resource that helped me:

A decision that showed growing trust in myself:

The next small step I am ready to take:

Keep Moving Forward

Completing this guide does not mean every question has been answered or every loss has been resolved. It means you have practiced returning to safety, moving slowly, rebuilding trust, accepting support, calming mental noise, noticing progress, and protecting your energy.

CARRY THIS WITH YOU

The scam is something that happened to you. It is not who you are. Your next small, grounded choice is part of your recovery.

My Personal Recovery Plan

When I feel overwhelmed, I will:

The people I can contact are:

My safest way to review case updates is:

A boundary I want to keep is:

One practice from this guide I will continue:

My next practical step is:

Go-Crypto Resources

Go-Crypto provides educational information and resources for people navigating cryptocurrency fraud and digital-asset challenges.

Refill by Go-Crypto blog series: <https://www.go-crypto.org/blog/categories/refill-by-go-crypto>

Go-Crypto website: <https://www.go-crypto.org/>

Report Fraud resources: <https://www.go-crypto.org/report-fraud>

Investigation resources: <https://www.go-crypto.org/investigation-resources>

Email: jannette@go-crypto.org

About This Guide

This workbook consolidates and adapts the eight-part Refill by Go-Crypto blog series into one practical resource. It is designed for education and personal reflection. It does not promise financial recovery or replace individualized professional services.

Important Safety Notes

- Do not pay anyone who guarantees recovery of stolen cryptocurrency.
- Verify organizations and contact details independently before sharing information.
- Never share a seed phrase, private key, one-time code, or account password.
- Seek qualified professional support when legal, financial, technical, or mental-health concerns require individualized care.

© 2026 Go Mobile Education Zone / Go-Crypto

Educating. Analyzing. Protecting Digital Assets.