

Survivors Voices Recovery Recipe Book

What is the idea?

We are writing an illustrated “Recovery Recipe Book” for survivors of abuse and trauma. This will be a practical collection of “recipes” that survivors have found helpful on their journey of recovery and healing from abuse.

What do we mean by recovery?

When we use the terms recovery and healing, we understand that to acknowledge the damage and pain that abuse and trauma can cause, and the journey that many survivors want to make from a place of pain and struggle to a place of surviving, healing and thriving, whatever that means to you. For some people recovery may mean getting through this hour or this day. For others it will be life being okay or good. You may prefer to use other words. For this project, we mean **what helps you to be okay**.

What kind of recipes?

We are looking for tools, approaches, resources, techniques, experiences and types of services that have helped you. It could be anything from a good book or website to an activity like dancing. It could be a song, painting or a type of therapy. It could be the way a friend or family member supported you, or how you use a candle for meditation. Anything that has helped you, that could be adapted, adopted and used by others.

What will you do with the book?

We will publish it as an e-book or .pdf. A free copy will be given to all contributors and all survivors who attend our gatherings and events. We may sell copies to professionals and others through our website, to raise money to support our work. The copyright for the book will belong to Survivors Voices and any profits will only be used for Survivors Voices work with survivors.

How can I join in?

Please send us your recipes! See below for details of the information we need and an example. Please email your recipe to connect@survivorsvoices.org. Please include your name if you would like to be acknowledged in the book, or say if you prefer to be anonymous. If you send photos please include copyright information too.

Sample:

My Recipe Name *e.g. Stones and Rivers*

Ingredients: What you need for this tool/activity *e.g. s river bank or beach and a few stones, a marker pen if you wish. A companion is nice to have too.*

Good for: What kind of need, hurt or challenge this helps with *e.g. Helps to express, acknowledge and release negative feelings like anger, pain, hatred.*

What to do: explain how your tool/activity works *e.g. Take a stone for each thing or person that you feel angry with or that drags you down and you want to get rid of those feelings. You could write the name or the feeling on the stone. Choose an empty patch or beach or river bank. Hold your stone and try to express the feeling you want to release - I actually growled and swore and yelled when I did this! It helped that my partner came and joined in too.*

How it helps: briefly explain how it helped you *e.g. it helped me to voice feelings I found hard to express, to overcome my fear of being angry and to release some rage.*

If you want to include a photo, or the photo is your thing, that’s great! Please make sure it is high resolution for printing and that you own the copyright or can provide details.

Thank you for joining in and we look forward to receiving and sharing your recipes!