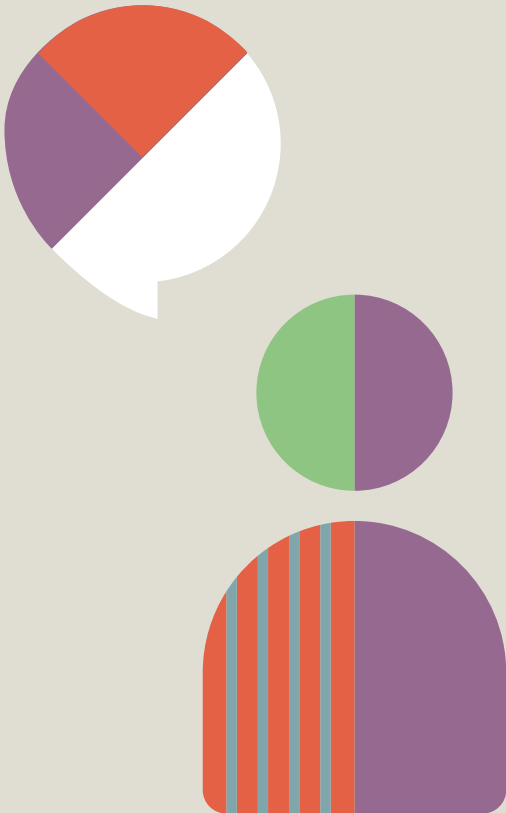


Recovery Story

Sharing Materials





Recovery story sharing is central to recovery and more and more people are coming together to develop and share their lived experiences and recovery stories. These materials have been developed to assist you to develop your recovery story and/or to support others developing their recovery stories.

Developing and sharing recovery stories is a powerful process and can be joyful and inspiring; however, for some the process can seem a bit daunting and they may not be sure where to start. These materials have been developed by SRN staff and partners to support recovery story sharing in a number of projects across Scotland.

We are sharing them with you to help you get started. They are not the only materials and topics that can be used and we encourage you to adapt the materials to your needs and develop your own tools and materials. If you develop new tools and materials that work well please tell us so we can share your great work more widely and get more people developing and sharing recovery stories.

Letter to my younger self

The wonder of hindsight is a great thing!
If you could write a letter to your 16 year old self what would you say?

What words of guidance would you give?

How would you comfort and encourage yourself?

What wisdom can you pass on?

What other messages would you want to share?

My perfect day

What's your perfect day?



What are you doing?

A large white rounded rectangular box for writing the answer to 'What are you doing?'.

Who are you with?



A large white rounded rectangular box for writing the answer to 'Who are you with?'.

How do you feel?

A large white rounded rectangular box for writing the answer to 'How do you feel?'.

What's different about you?

A large white rounded rectangular box for writing the answer to 'What's different about you?'.



Message from my best friend

It is so easy to be your own worst critic. What would a good friend say about you?

What do they value about you and your friendship?

What strengths and qualities do they admire?

What message do they have for you?



Other people can help us to see ourselves differently and this opens up new possibilities in life.

My life... my song

Imagining your life as a song can seem light-hearted but it can reveal truths.

Do you have a song
that tells your story?

What type of song is
it and who sings it?
Is it yours?

What story
does it tell?

How do you feel when you sing it or hear it?

What would make the song better?

If you could write another verse what would it be?



My recovery journey

Recovery is often described as a journey, one that has many twists and turns.
Draw the picture or map of your recovery journey.



How would you describe your journey?

Blank space for writing the answer to the question: How would you describe your journey?

What were the turning points?

Blank space for writing the answer to the question: What were the turning points?

Who has been with you on the journey?

Blank space for writing the answer to the question: Who has been with you on the journey?



When did you need to take a break?

Blank space for writing the answer to the question: When did you need to take a break?

What keeps you on the journey?

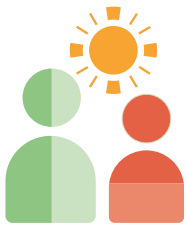
Blank space for writing the answer to the question: What keeps you on the journey?

What supports my recovery?



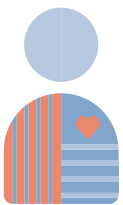
Connections

- good relationships
- peer support
- community



Hope

- belief in recovery
- motivation to change
- positive thinking
- dreams



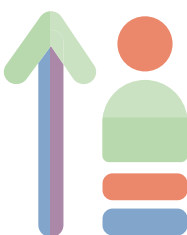
Identity

- positive sense of self
- overcoming stigma
- person not diagnosis



Meaning

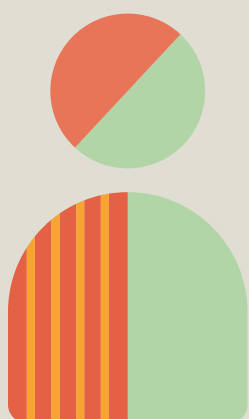
- purpose in life
- feeling valid
- contributing



Empowerment

- focus on strengths
- control
- personal responsibility
- self-management

My Story



Together we can make recovery real
for everyone in every community.


Get involved

info@scottishrecovery.net

0141 240 7790

www.scottishrecovery.net

or join us on social media

 [@SRN_Tweet](https://twitter.com/SRN_Tweet) [#LetsTalkRecovery](https://twitter.com/#!/LetsTalkRecovery)

 [/scottishrecoverynetwork](https://www.youtube.com/channel/UC...)

 [Scottish Recovery Network](https://www.youtube.com/channel/UC...)