

# Sharing Stories of Mental Illness & Recovery

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# Listeners Required

- Listen with your full attention
- Avoid planning your response while listening
- Feel the story – hear beyond the words
- Appreciate the challenges and perseverance
- Consider how the story informs the present moment
- Ask a question to deepen your understanding

\*Check out Brene Brown's work on vulnerability. *The Gifts of Imperfection*

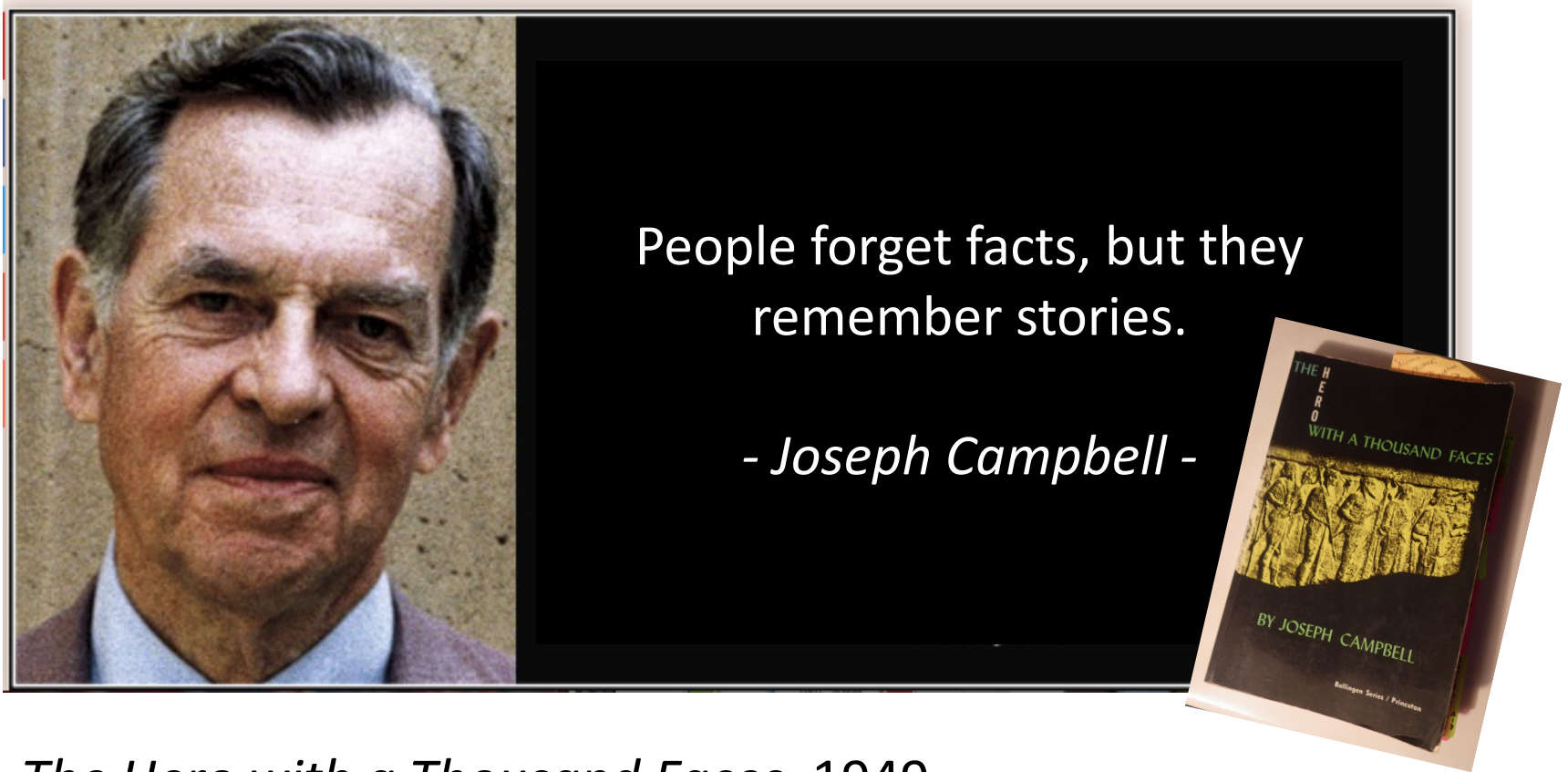
# Exploring your message

1. When I think about my experience with mental illness/substance use problems, the first memory/image/idea that comes to mind is....
2. Something I wish someone had told me about my condition is...
3. The most important thing for me to communicate is...

*Recovery is an  
ongoing **process**, not a  
destination.*

*One can be in Recovery  
without feeling “Recovered.”*

# Joseph Campbell, 1904-1987



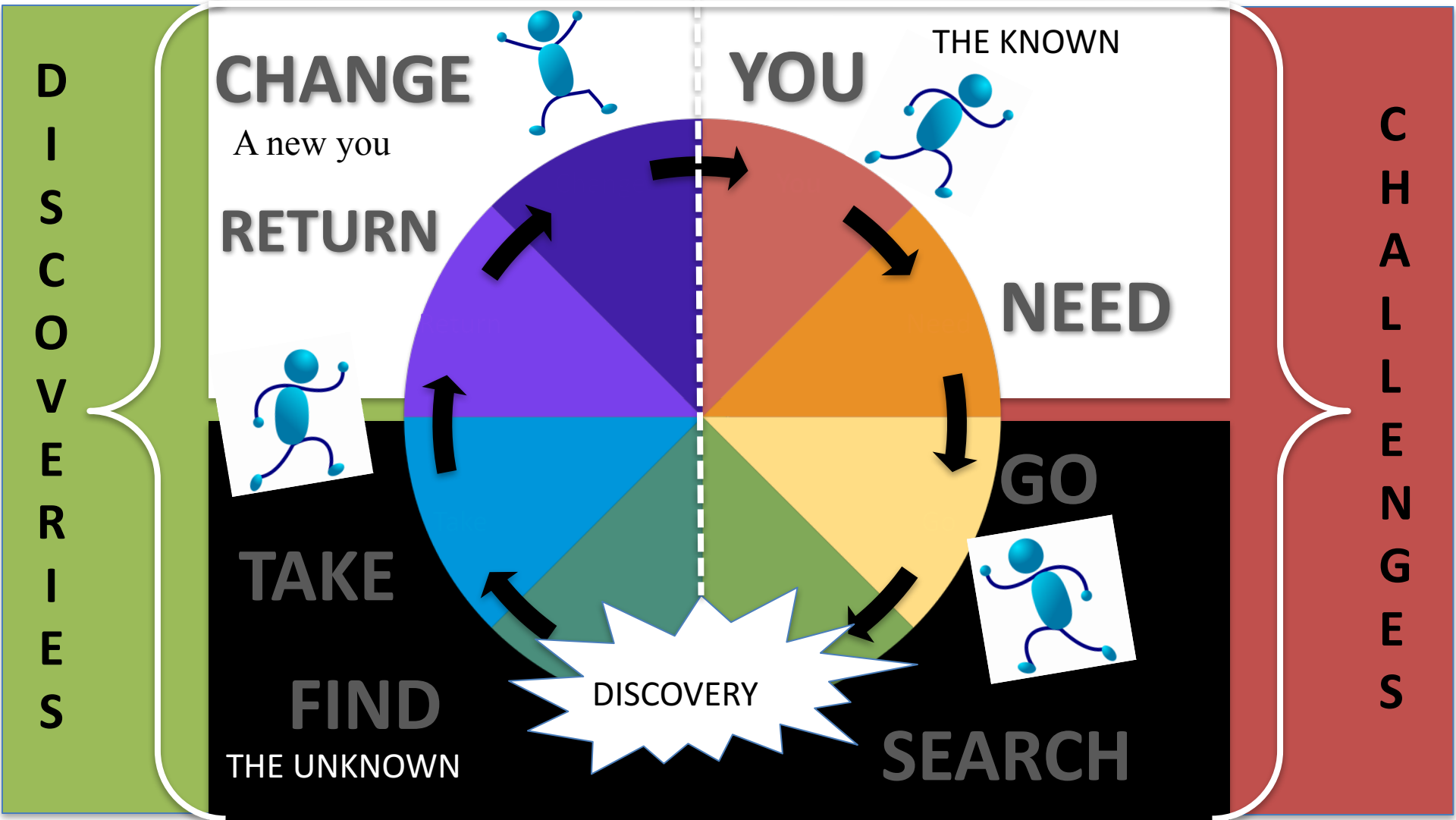
People forget facts, but they  
remember stories.

- *Joseph Campbell* -

*The Hero with a Thousand Faces*, 1949

- Universal pattern common to heroic tales in every culture

# The Hero's Journey



Adapted from Joseph Campbell

# Join the sharing!



## Story sharing guidance

A guide to inform the process of sharing personal experiences related to mental health and recovery

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[www.scottishrecoverynetwork.net](http://www.scottishrecoverynetwork.net)

Stay in touch! Email Seia  
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