



Allied in
Child Abuse Prevention
and
Recovery

Recovering from Child Abuse

What it may mean to survivors

| What is recovery?

- A very personal journey with various goals including :
 - Being able to **function** on a daily basis
 - Function **physically** by having a safe place to live in, and maintaining a reasonable health – away from heavy medication
 - Function **mentally** by becoming aware of and having control over reaction to triggers, and developing trustworthy relationships
 - Function **financially** to fulfill the basic needs from food to paying all bills

Each survivor has a different view on what recovery will be and this definition will also evolve over time.



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| What is recovery?

- Beyond functioning
 - Being able to enjoy life
 - Find a purpose
 - Get an education and develop skills
 - Find peace within
 - ...

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