



'I began to gain control in my life. I found more helpful coping mechanisms, I began to accept myself. Over time, these new coping mechanisms became part of who I was. I was able to live my life, with my experiences, and take control of them. They no longer had power over me. I was coping, I was recovering'.

Jim Campbell

This workbook is for males who have experienced sexual abuse and those who work with them.

Drawing on the direct experiences of the two authors' personal recovery journeys from sexual abuse, *Reclaiming Our Lives* guides the reader through a recovery process.

The need for this workbook has come from the recognition that there is a large amount of literature written for women who have experienced sexual abuse, but far less for men. This is in spite of statistics that show up to 1 in 6 men have experienced and are living with the consequences of sexual abuse. This reality is often not acknowledged by services and by society as a whole, but is apparent in the high level of suicide attempts, the heavy use of alcohol and drugs, aggression, prostitution, homelessness and criminal offences amongst male survivors of sexual abuse.

Society places pressures on men to conform to an ideal of 'maleness', consequently, being open about emotional problems can be seen by men as a weakness and many male sexual abuse survivors remain silent about their experiences and the distress they feel. Men are nearly three times more likely to commit suicide than women. In men under the age of 35 years old, suicide is the second most common cause of death.

We seek to break the silence, and assist male survivors of all ages to reclaim and recover their lives in a positive and practical way.

About the Authors

Jim Campbell is an independent mental health trainer, researcher and practitioner, specialising in recovery and sexual abuse. He has worked over fifteen years in both healthcare and education. Jim's own journey of recovery has enabled him to specialise in this area. His passion and enthusiasm lies in recovery, giving people hope that change can and will happen.

Ron Coleman is a survivor of childhood sexual abuse, a long-time voice hearer and, as a director of Working to Recovery, has been active in developing workbooks on recovery and voices over the last fifteen years. Ron is committed to the idea that anyone can recovery, and that it is never too late to start the journey.

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