

## Help Make Our Gold Big Book Reality!

SIA's Big Book & Steps Workbook Subcommittee is in full swing and we need your help. We've now created an outline for our Big Book, whose working title is *Hope Heals*. To complete this important project we need your help. Below you'll find a list of potential topics to write about. We're interested in hearing about your experience, strength, and hope as it relates to the issues below. To submit a piece of writing simply create it, and send it to us. Also, read the brief submission guidelines and fill out and send the attached copyright agreement form with your submission. We look forward to hearing from you. Also, if you'd like to participate on the Big Book Subcommittee or SIA WSC Literature Committee we'd love for you to be involved. The Big Book Subcommittee phone conference meeting is on the 3rd Wednesday of every month and the Literature Committee meeting is on the first Monday of every month. Both meetings are at 6:30 P.M. EST and 3:30 PST. The access number for the meeting is: 712-451-6000. When the recorded message asks you to input an access code enter 190373. We look forward to hearing from all of you—together we will help ourselves and other survivors to heal.

Yours In Grateful Service,

Becky, WSC SIA Big Book Subcommittee Chair  
John+, 2012 WSC SIA Literature Committee Chair

### Potential Topics to Write About

How have you changed as a result of your recovery work?

Your story of abuse: We're seeking all types of stories (parent incest, sibling incest, authority figure incest [teacher, minister, boss, babysitter, etcetera], ritual abuse, covert & emotional incest.

Your experience with and working through the traits survivors develop to cope with the wounds of incest and sexual abuse: various isms [& how by working on your core incest issues you were able to attain successful outcomes], disassociation, inability to form lasting relationships, PTSD challenges, difficulties in managing day to day challenges (work, child-rearing, marriage, etc.), co-dependency, boundary setting issues, self-esteem issues, body relationship issues, etc.

How a relationship with a Higher Power of your own understanding assists with your recovery processes (challenges with finding a Higher Power of your own understanding, what your Higher Power looks like, the type of relationship with a Higher Power that assists with your recovery)

Your experience with the "interwoven family chaos" (various types of abuse that co-exist in households where there is sexual abuse) and healing from its effects; including emotional, physical, mental, spiritual abuse. Also, we're interested in your experiences in working with the non-sexual perpetrating individuals in your family/circle of acquaintances (their effects upon you and how you've dealt with these family members in recover).

Your experience working the 12 Steps, how they've helped you & how you've worked them. Also, what are your experiences/suggestions in working the steps in workshop (and what elements are conducive to creating successful outcomes), with sponsors/sponsees, and with recovery partners? Also, how have the 12 Traditions, Slogans, literature, meetings, sponsorship etc. helped you in your recovery process?

What other tools in recovery have you used (e.g. medications, structured therapy, writing, journaling, artwork, bodywork, meditation, yoga etc.)?

Issues/dynamics with doing inner children and reparenting work. This includes how you work with your inner children, what the process is like, why it's important to you/how it assists with your recovery.

What are your experiences/suggestions about healing from sexual abuse while coping with working with various mental health challenges (including dissociative identity disorder/multiplicity, PTSD, bi-polar, borderline personality, schizophrenia, depression, etc.)?

Finding a place in the world: your hope and dreams for yourself and other survivors.

What changes have you seen as a result of recovery work – at home, with children, at work, in relationships, with family of origin? How is your life moving forward?

What do you want the newcomer to know?

### **GUIDELINES FOR SUBMISSIONS TO THE SIA BIG BOOK**

- 1) Survivors of Incest Anonymous World Service Office, Inc. will be the sole owner of Submission; therefore, we cannot accept anything that has been previously copyrighted.
- 2) The author must sign the Copyright Release Form at the bottom of this document with all submissions
- 3) The SIA World Service Office will reserve the right to edit for space or clarity.
- 4) There are no requirements or restrictions concerning the length of the submission.
- 5) Artwork will be printed in black and white. We cannot accept artwork on paper larger than 11 x 17 paper.
- 6) Please remember to write about the program and how it has helped you in your recovery. Authors do not need to be “over it,” but we would like to remain as positive as possible and convey the message that there is hope, and that healing is possible.
- 7) Send all submissions to [SIABIGBOOK@hotmail.com](mailto:SIABIGBOOK@hotmail.com)
- 8) Be sure to send a signed copy of the Copyright Release Form with your submission.

### **Copyright Release Form**

**(Thank You for Sharing Your Experience, Strength & Hope!)**

Name \_\_\_\_\_ Phone & Email \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Please use my first name, last initial and state/province/country

\_\_\_\_\_ Please sign me “Anonymous”

\_\_\_\_\_ Please update me about future writing topic needs as the *Hope Heals* develops.

All writing becomes the property of Survivors of Incest Anonymous World Service Office, Inc., and may be used in whole or part in the development of SIA’s materials. Although SIA will own the document you submit, SIA recognizes that you may want to use your writing in another publication. Therefore SIA will be happy to grant a copyright release any time that you request it for use of your piece in other publications.

