WHATS UP WITH THIS ZINE?

We want to offer you exercises and theory that helped us along our healing journey. We want to encourage you to start your own journey using this zine.

Because there is no 1 solid way to heal, we just want to encourage you to start your journey by giving you some guidelines.

* NOTE:
Utilize this book the way you want or perceive it, use crayons, cut out magazines, use glue, put some sparkles on, whatever you like to bring to the table..Enjoy!

WHAT IS YOUR CURRENT EMOTION?

We've realized that healing can be a heavy and painful process. You are unpacking your personal, generational and historical trauma's and we love you for that! Now, take a moment to let it all sink in.

Express yourself by making a drawing or writing about it.

LITERATURE REFERENCES

* Hall, S. (2017). Introduction: ' Who needs Identity?' (S. Hall, Red.). http://blogs.unpad.ac.id/teddykw/files/2012/07/Stuart-Hall-Cultural-Identity.pdf

* Phipps A. , Ringrose J. , Renold E. an Jackson C. (2018) Conceptualizing and politicizing new mediations of gender and sexual violence.

* Rich, A. C. (2020). Notes toward a Politics of Location (1984). Notes toward a Politics of Location (1984), 210-231. Retrieved from https://people.unica.it/fiorenzoiuliano/files/2014/10/Adrienne-Rich-Notes-Toward-a-Politics-of-Location.pdf

* Symington, N. (2006). A healing conversation: How healing happens. London: Karnac.

* Wekker, G. (2016). Introduction. In White innocence: Paradoxes of colonialism and race (pp. 1-29). Durham: Duke University Press.

*TIP:
Try to read literature together in groups to make it easier.

HEALING DICTIONARY

* Bias – inclination or prejudice for or against one person or group, especially in a way considered to be unfair.

* Code of conduct - A code of conduct is a set of rules outlining the norms, rules, and responsibilities or proper practices of an individual or an organisation.

* Codeswitching - Code-switching or language alternations happens when a speaker alternates between languages or language varieties in the context of a single conversation.

* Embodied trauma - The trauma you have experienced yourself.

* Decolonization - Means unpacking our personal, generational, and historical trauma and the ways our people have survived by seeking proximity to a mythical norm reflective of cultural imperialism and patriarchy.

* Hegemony culture - these are a dominant set of ideas ruled and made by the 'ruling' class of society that sound and may seem convincing and taken for granted by society. These ideas shape everyone's view of the world in their own understanding of their world view.

* Intergenerational trauma - The collective emotional and psychological harm, both across the lifespan and across generations, as a result of a cataclysmic history of genocide.

* Identification - identification is the recognition of some common origin or shared characteristics with another person or group, or with an ideal, and with the natural closure of solidarity and allegiance.

* World views - The most common way to define worldview is "the lens through which you view the world." This subject not only brings you through the process of understanding your own worldview, it teaches you how to understand the perspectives of other people.

"One of the key ways to heal trauma is the experience of being truly heard and seen."

From the text: Collective healing: shifting historical patterns that divide us

CODE OF CONDUCT

*Use this guide in the way that suits you, there is no right way.

*Always let the other person finish speaking without interruptions.

*Have an open mind.

*Everyone should have equal space to share.

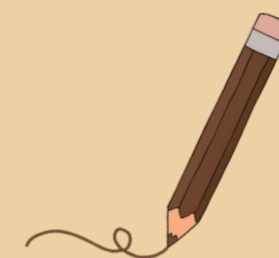*Give each other and yourself time and don't push.

*Thank each other for sharing.

*Be curious and dare to ask (yourself).

REFLECTION EXERCISE

Think about what influences your perception and the way you perceive the world (worldview)?

Youtube video tips:

Karl Marx & Conflict Theory: Crash Course Sociology #6
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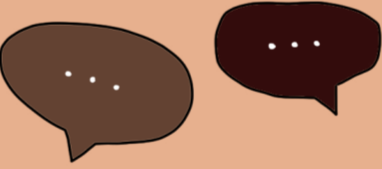Theoretical Perspectives: Structural Functionalism
-
Symbolic Interactionism

Auguste Comte (1798-1857)	Karl Marx (1818-1883)	Émile Durkheim (1858-1917)
Harriet Martineau (1802-1876)	Herbert Spencer (1820-1903)	George Mead (1863-1931)

ABOUT US

You might be wondering who's behind this zine. Well this zine is created during a collaboration project about our cultural diversity. 4 young women started sharing their stories with each other.

Sharing stories that opened up usable knowledge and made us feel emotions that neither of us felt or experienced before. Each of us endured frictions on topics like self-identity, intergenerational trauma and abuse. By understanding our own traumas we experienced a collective healing proces. Everyone's journey is different, but we hope that by using our zine you can create space yourself to heal, share and learn from each other.

EXERCISE

Dive into your cultural history or collect stories from your cultural history. There is a connection between the past and the future. Learning about your history and heritage can help you to understand how you became who you are. We have realized that stories have to be told or they die within you.

How do you think these stories and influenced your identity?

NOTES

TIME TO SHARE!

Organize a gathering with 3 other people and ask them to write down one word on a paper that has to do with their own personal healing journey to start a conversation.

HEALING THROUGH STORIES

QUESTION

How has your cultural history influenced you? Keywords that might help: history, traditions, upbringing, intergenerational trauma.

BIASES

Take a moment to think about your own biases you may have be unaware of.