



## Telling Your Story

### **Determining your willingness to share your story:**

1. Have you ever shared your story with anyone before?
2. Would you be willing to give an oral presentation? If not, would you be willing to share your story either through the written word, video or photography?
3. If you are interested in giving an oral presentation, are you comfortable sharing your story with a group (small, medium, large)?

### **Questions to get you started thinking about your story:**

1. Tell me a little about yourself. Why do you want to share your story?
2. Where does your story begin?
3. Was there anyone there to help you? Can you share with us how they helped and what that has meant to you?
4. If there wasn't anyone there to help you, how did this make you feel? Where did you turn?
5. How are you doing now? Do you have the help and support you need or are you still looking for help and support?
6. What can the community do to provide help and support? What needs to be done?
7. What would that mean to you? How would that impact your life?
8. If you have the help and support you need, how do you see your future?
9. Without help and support, how do you see your future?
10. What is the most important thing that you want people to know? How can people help? What needs to happen?