

Telling Your Story

How do you share your recovery story without letting your experiences define you?

1. ***Begin by introducing yourself:*** Who are you today (hobbies, family, work, school, etc)? Don't lead with your **Behavioral Health Diagnosis**, lead with who you are NOW.
2. ***Explain to us about your Crisis Stage:*** What was life like before the crisis? Retrospective – describe early stuff that made you aware of an oncoming life challenge. How did you act/ behave during the crisis? What was the moment of crisis – what events led you to that point?
3. ***How did you reach your Acceptance Stage:*** When did you realize it was time to begin recovery? Who and/or what helped you grasp acceptance of your life challenges? Where did you find the most support throughout this stage?
4. ***What helped you move from the acceptance stage to the Recovery Stage of your journey:*** Was there a significant event or moment that allowed you to accept recovery? What were/are some of the coping strategies that you learned that helped you achieve and maintain recovery? What personal strengths have you developed as a result of your recovery?
5. ***Closing:*** Leave a single note attached to HOPE and possibilities. Acknowledge where you are now (family, life, work, school, etc.) Best thing I learned about myself as a result of my recovery.

Today, you went over a lot of things about your new role. You learned about recovery and its importance in your communities in addition to the importance and effective use of your new role, and the core of peer support services. Peer support is here because of its ability to get to consumers like other professionals can't. With what you learned, complete the following exercises to work towards effectively sharing your Recovery Story. We will use today's exercise as part of our next class's role-playing exercises.

What early indicators did you experience, that you were beginning to have difficulty?

Briefly describe yourself and your situation when you were at your worst?

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What helped you move from where you were to where you are now? What did you do? What did other people do?

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What have you had to overcome to get where you are today?

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What have you learned about yourself and what we call recovery? What are some of the strengths that you've developed?

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What are some of the things that you do to keep yourself on the right path?

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Directions:

1. Reread your answers.
2. Start to tell your Recovery Story. Use your answers to polish its content and make your recovery story stronger.
3. Be prepared to use your story in the next class as part of the role play exercises (it's okay if it feels raw – it always does in the beginning).

Take a few moments to review your answers. Use those answers to start writing your Recovery Story. Write like you are going to share your WHY with a room full of fellow peers.

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At this point, you've learned about what you need to be alert to, to successfully work as a peer. Those skills promote your wellness and success in your new role. Take a few moments to review your recovery story before completing your storytelling exercise today. With what you learned, complete the following exercises to work towards effectively sharing your Recovery Story. We will use today's exercise as part of our next class's role-playing exercises.

*Expand on yourself and your situation **when you were at your worst**, by describing what you couldn't do as a result of it?*

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Consider what you've learned about yourself and recovery, and the strengths you've developed in the previous Storytelling Exercise, then answer this: What have you learned about yourself now that you are active in recovery?

Answer this: How has your recovery changed your plans and hope for the future?

Directions:

1. Reread your recovery story.
2. Use your new answers to polish its content and make your recovery story stronger.
3. Be prepared to use your story in the next class (it's okay if it feels raw – it always does in the beginning).

Today, you went over a lot of things about how to tell your story and what not to say, SMART goals as a part of peer support, and how to effectively facilitate peer groups. You learned about the importance your story holds in someone else's recovery journey. But it was different too. In addition to using your recovery story as part of your role plays, you each got feedback cards from fellow peers. Before you get started, read your most recent draft from today. With what you learned, complete the following exercises to work towards effectively sharing your Recovery Story. We will use today's exercise as part of our next class's role-playing exercises.

Why am I sharing my recovery story?

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What is the outcome I want from sharing my recovery story?

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What POWERFUL examples do I have that I am willing to share in my Recovery Story?

How will I know if I shared enough?

What will I do if I get nervous or forget why I shared "that"?

Directions:

1. Reread Your Recovery Story.
2. Read your feedback cards.
3. Use your new answers to polish its content and make your recovery story stronger.
4. Be prepared to use your story in the next class (it's okay if it feels raw – it always does in the beginning).

Take a few moments to review your answers. Use those answers to start writing your Recovery Story. Write like you are going to share your WHY with a room full of fellow peers.

Today showed you how your new opportunity fits into the helping field and all of its unique settings. The discussions and exercises looked at community partnerships, safety and how ethics, boundaries, and self-care impact that, as well as documenting your work and being attached to the consumer’s treatment plan. Consider how your story will help consumers in all these settings. Take a few minutes to review today’s version of your recovery story. With what you learned, complete the following exercises to work towards effectively sharing your Recovery Story. We will use today’s exercise as part of our next class’s role-playing exercises.

Do you want to share your story the way it is? **YES** **NO**

Are you proud of it? **YES** **NO**

Explain your pride or lack thereof:

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Is it focused on your recovery? **YES** **NO**

Explain your answer:

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Does the story address your *WANT* to recover? **YES** **NO**

Explain your answer:

Does your writing provoke a visual understanding in your audience? **YES** **NO**

Explain your answer:

Is your writing detailed for effective understanding? **YES** **NO**

Explain your answer:

Directions:

1. Reread Your Recovery Story.
2. Read your feedback cards.
3. Use your new answers to polish its content and make your recovery story stronger.
4. Use K.I.S.S. (Keep It Simple & Succinct) without losing the details, emotions, and feelings that are attached to your story.
5. Be prepared to share your story in the next class – It's GRADUATION!!

Take a few moments to review your answers. Use those answers to start writing your Recovery Story. Write like you are going to share your WHY with a room full of fellow peers.
