

# Telling your story safely

## 1 Check you are ready.

Storytelling can be an emotional experience. Check that you are ready to share your story first.

## 2 Don't make others look bad.

Do not make yourself look good by making others look bad.

## 3 Don't emphasise divisions.

Avoid emphasising existing divisions. For example, carers vs. health professionals.

## 4 Avoid vivid details.

Avoid vivid details about sensitive topics or traumatic experiences. Say enough to convey the gravity of your point, nothing more.

## 5 Focus on broad factors.

Don't focus on personal distress. Focus on how broader factors impacted your life and what you did to challenge or change things.

## 6 Your struggles are not your identity.

Do not present the struggles you went through as your identity.

