Sharing your story with others can be a meaningful way to reflect on your past. When sharing your story, it is a way for you to share your narrative with others and provide a sense of hope and understanding. Sharing your story is a personal choice and what you decide to share is up to you.

Below you will find an easy step-by-step worksheet that will walk you through the basics of creating a sharable story. You can use this worksheet to create your own story guide, that you can then share with others!

__It is important to share a little bit about yourself. Write down what information you feel would be important to share so people can get to know you a little bit.__
What is the most difficult experience you had prior to finding recovery?

Was there a specific moment, event or turning point where you found hope?

How do you feel you have grown and what has led you to this point?
Any additional insights or specific points you would like to share about your recovery journey?

How have you been able to maintain your recovery over time?

Final thoughts or items you want to share with ending your story? (make sure you end your story on a high note, focused on hope and recovery)