



STORIES WORTH SHARING

THINGS TO CONSIDER WHEN SHARING YOUR STORY

Sharing your personal story can be a powerful and liberating experience.

However, there are a few things to consider before you share to keep yourself safe and supported.

ARE YOU CLEAR ON WHY YOU WANT TO SHARE YOUR STORY?

- o It's important to share your story from a perspective of hope and recovery. If you are still feeling angry, frustrated or resentful, this might not be the best place to share.

DO YOUR FRIENDS AND FAMILY KNOW?

- o Sometimes our stories involve or impact the people we love. Make sure they are comfortable with being included – you might be ready, but they might not.

HAVE YOU CONSIDERED HOW WIDELY THIS MIGHT BE SHARED?

- o Sharing your story on social media means it could be re-shared, copied, or used in a way you hadn't predicted. Stay ChatTY can't control how far it goes, so you need to be comfortable that it may end up in unexpected places. You might not be able to get it back.

DO YOU HAVE SUPPORT AROUND YOU?

- o Sharing your story can bring up difficult memories or experiences. It's a good idea to gather family or friends around you for support, or plan to contact your healthcare provider in case something is triggered for you.

HAS ENOUGH TIME PASSED?

- o Sharing your story can bring up difficult memories or experiences. If an experience has recently occurred, sometimes it can be too distressing to revisit right away. Make sure either enough time has passed or you have good self-care practices in place.

ARE YOU PREPARED FOR HOW PEOPLE WILL REACT?

- o While most feedback will be positive and supportive, some might not be. Stay ChatTY will moderate for any inappropriate, aggressive or stigmatising content, but we can't control everything. Think about how you might feel if you got negative feedback, and how you would cope with this type of response.

ARE YOU PREPARED FOR QUESTIONS?

- o Your story may generate interest, and you could get some questions from readers. People might ask questions that may feel intrusive, or they may take the conversation in a direction that makes you feel uncomfortable. You have no obligation to respond, but think about whether you want to answer questions or join the discussion.

IS THERE ANYTHING ELSE YOU NEED TO THINK ABOUT?

- o If you have any questions or concerns, please get in touch with us via the below website or email. We want you feel comfortable and ready to share your story!



Relationships Australia
TASMANIA

www.staychatty.com.au
staychatty@reltas.com.au