



# STORIES WORTH SHARING

## WRITING YOUR STORY

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Your story should share messages of hope, recovery, learning and stigma reduction. Consider these questions to help shape your story.

### WHY ARE YOU SHARING YOUR STORY?

- o What do you want to achieve by having others read your story? E.g. raise awareness, reduce stigma, inspire hope, connect with others.

### WHAT WERE SOME OF THE KEY MOMENTS IN YOUR STORY?

- o What are some of the key moments that define your story or have contributed to where you are today?

### WHAT WERE SOME OF THE TURNING POINTS ON YOUR JOURNEY?

- o What were some of the key events that encouraged you to make a change? Did you seek support, talk to someone, change a behaviour?

### WHAT OR WHO HELPED YOU GET THROUGH IT?

- o What were the major supports that got you to where you are today?

### WHAT ENCOURAGED YOU TO SEEK HELP?

- o Were there people or events or things you learned that encouraged you to get help?

### WHAT SELF-CARE STRATEGIES WORK FOR YOU?

- o What do you do to keep mentally fit? What coping mechanisms work for you that might work for others?

### WHAT HAVE YOU LEARNED?

- o What have you learned from your experience? Have you learned something about yourself? About mental health?

### WHAT MESSAGES WOULD YOU SHARE WITH OTHERS?

- o What messages or ideas helped you that you think could help others? Anything you want to say to encourage others going through a tough time?

Remember to look after yourself while writing your story. If you have any questions, contact us at the email below.



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