

Story Practice Sheet

1. My introduction	Include your name (first name only is fine), city or organization (if applicable). Describe who you are, what you do and a little bit about yourself. Briefly talk about how you are affected by any mental health conditions.
2. What happened	Aim for 3-9 sentences. Briefly describe the most important and compelling thing(s) about your situation.
3. What helped	Aim for 1-5 sentences. Briefly describe what helped in your recovery (or what would have helped). Aim for a hopeful tone that helps show what is helpful.



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4. How I'm different today	Aim for 1-3 sentences. Share what is going right in your life or how you are experiencing recovery. This concludes your personal story on a positive note that inspires.
5. What is the need or problem	Aim for 1-2 sentences. Transition to the challenge(s) faced by people living with mental illness that you want addressed.
6. What will help others	Aim for 1-2 sentences. Talk about what will help. Let your listener know what will address the need or problem you described.
7. My "ask"	Aim for 1-2 sentences. Thank your listener for listening to you. Then, ask your listener for a commitment. Be specific.