

# ***The Power of Our Stories Training Video Worksheet***

**H**ere are a few ideas for using “The Power of our Stories” training video to build recovery advocacy in your community. Your voice counts!

**Group Discussion.** After watching the video, discuss your reactions to it.

*Here are some questions to help start the discussion:*

- Did it make you want to speak out?
- Did it give you some ideas about ways that you can tell your story more effectively?
- Were some stories more powerful than others? Why?
- After someone decides to tell their story, what do you think is the hardest part?
- Was there anything that wasn't mentioned in the video that is important to talk about?

**Exercises.** Decide on an issue you would like to use stories to influence and decide on who your “audience” will be. Who will you be you telling your story to? You can also use the example in the training video. Once you've decided what your issue is, break off into pairs to prepare to tell your story and then practicing telling it. The stories may be of a person in recovery, a family member, or an ally.

*Prepare to tell your story by answering some questions with your partner:*

- What are your audience's interests?
- What do you want them to do?
- Why am I here to tell my story?
- What do I hope to accomplish?

*Practice telling your stories with each other and give one another feedback. Here are some questions to raise after your partner is finished:*

- How do you feel you did?
- What did you dislike?
- What did you like?
- Did you make your point clearly?
- Did you include the “Ask”?
- Did you make sure they knew what was in it for them?

*Retell your stories to one another keeping in mind some of the things you discussed. Be another voice for recovery!*

## ***PRACTICE MAKES PERFECT***

*Your story has power. When you work with a local recovery community organization and other recovery advocates, you will have a better idea of the particular issues that you will be using your story to influence. Using your story effectively and strategically takes practice, but the important first step is deciding to tell it. The more times that you tell your story, the easier it will become. Here are some ideas for continuing to work on yours:*

- ♦ Tape yourself. Before you tell your story to others, you might want to watch a tape of yourself. You can use the questions from the group exercise.
- ♦ Practice in front of a mirror.
- ♦ After you feel more confident, think about asking a neighbor, a friend, or a family member to listen to you tell your story and give you feedback.

*As you practice and become more comfortable, ask yourself if your story...*

- ♦ Grabs people's attention
- ♦ Is easy to understand and easy to tell
- ♦ Has characters and situations that listeners can relate to
- ♦ Seems real and has meaning