



The Hero's Journey (and YOU are the Hero!)

The Healing Power of Telling Your Story Worksheet

1. Circle potential benefits/costs of sharing your story that are most relevant to you.

Potential Benefits

- Improved self-esteem and self-efficacy
- Improved relationships and expectations
- Better understanding of challenges
- Opportunities for support, assistance, and reasonable accommodations
- Relief of stress and guilt connected to keeping a secret.

Potential Costs

- Risk for physical or emotional harm (hate crimes)
- Discrimination
- Disapproval or exclusion from others
- Self-consciousness

2. Jot down some of your ideas in answer to these questions:

a. Who do I want to tell and why?

b. What about my experience do I want to tell them?

3. Which storytelling in print options are most interesting to you? What would your next step be?





4. How might you participate in audio/video storytelling? What would your next step be?

5. Here's a summary of Joseph Campbell's The Hero's Journey from TEDEd. Let's use our simplified model to build your elevator pitch.

a. What happened to kick off your adventure?

b. What did you go through?

c. What did you learn as a result?

d. How did this make a difference in your life?

