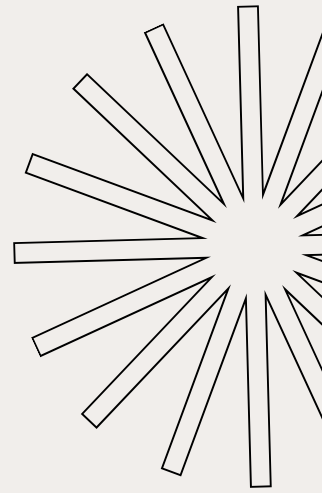


Am I Ready to Tell My Story?

KNOWING WHEN AND HOW TO SHARE YOUR STORY AFTER AN ASSAULT CAN BE A CHALLENGE. THE QUESTIONS BELOW ARE SIMPLE CHECKING IN GUIDELINES TO HELP YOU KNOW IF YOU ARE READY TO START TALKING ABOUT YOUR EXPERIENCE.



QUESTION 1

Have I identified any boundaries that I need to set around telling my story? YES/NO

Tell your story however you choose to tell it. You get to decide the parameters.

QUESTION 2

Is there a safe person to tell? YES/NO

Do you sense that this person can hold space for your story?

QUESTION 3

Is there a safe space and time in which to tell? YES/NO

Do you have access to an environment in which you feel comfortable? Can you be in this space for as long as you need?

QUESTION 4

Have I prefaced the subject matter with this person? YES/NO

Let the person know the subject matter. Not everyone has the capacity to hold space for stories about sexual assault.

QUESTION 5

Has the person consented to listening to the story? YES/NO

Wait for a yes before you begin!

QUESTION 6

Do I still feel willing to tell my story? YES/NO

It's okay to change your mind!

IF YOU'VE MADE IT THIS FAR, YOU MIGHT BE READY TO SHARE YOUR STORY. YOU CAN COME BACK TO THESE QUESTIONS AS OFTEN AS YOU NEED, OR EACH TIME YOU TELL YOUR STORY.

