

MTS Guidelines for Storytelling in Groups

“Sincerity and truth are what you require; fill my mind with your wisdom.” Psalm 51:6, GNT

“The best place to begin a healing journey is with the truth about our lives... what we do not reveal and expose to the light cannot be healed” (Celestia Tracy, MTS Workbook, p.33). Mending the Soul facilitators are responsible to create and maintain psychological and spiritual safety within a small group. This is partially done by modeling what is to be expected by participants. During week one, both facilitators share their story of abuse and healing in order to create safety and model appropriate story-telling to the group.

MTS recommends the following guidelines:

- Write your story out ahead of time and then share it “from the heart” (without reading)
- Share your story between 10 – 12 minutes
- Utilize MTS’ suggested questions when preparing your story
- Focus on the effects, not the details of your abuse. In other words, the important part is not what happened to you, but how you were impacted by the early painful events of your life
- Divide your time equally between the abuse and the healing/redemptive parts of your story
- Pray before writing and sharing your story. If you are a believer, the Spirit of God is in you, prompting you in paths of light. He will lead you clearly if you listen to his voice.
- Trust your gut!