

Questions to Consider When Telling My Story

You may find that it is most helpful to write out your story before sharing with your small group. In the weeks ahead, expect your story to unfold as you move through the workbook exercises and process your responses with the group participants. It will be most helpful for you to share your story with the group “from the heart”, rather than reading it. You may use notes if that helps you feel more comfortable. Every time you write or tell your story a part of your heart will heal.

Consider the following questions when preparing to tell your story:

- Who were my abusers?
- How old was I when the abuse/trauma began? How long did it continue?
- In what ways was I deeply wounded?
- What other events were happening in my life at the time of the abuse/trauma?
- How did the abuse/trauma impact me and how did I cope with these effects?
- Were there people who could have protected me because they knew what was happening to me?
- Did they help me? If not, how do I feel about them today?
- Have I ever talked with anyone about the abuse/trauma? If so, what was their response?
- What effects does my past abuse/trauma have on my life today?
- What parts of my story are hardest for me to accept, or hardest for me to share with others?
- What do I hope to gain from this group?