

BENEFITS OF SHARING YOUR STORY

Why get it off your chest? The freedom that comes from dropping the metaphorical mask in your day to day life is quite profound. Allowing people to know you more deeply can be truly liberating, enhancing your sense of peace and emotional bandwidth because you no longer have to worry about hiding a part of you, or being "found out".



FINDING YOUR "WHY"



More honest connections.

People can finally see more of the "real" you. There may be a risk of NOT sharing your story, if it remains as a barrier to authentic connections with yourself and others. You may be able to forge deeper relationships based on honesty and openness with friends and family, who may approach everyday challenges with more compassion because they have insight into the causes. At work, there are huge benefits if your manager and colleagues know about your condition or personal obstacles. It can prompt a discussion about making adjustments to your role or duties and again, provides helpful context.

Further healing.

The first place people usually go when they start to feel unwell emotionally, is shame. Shame cannot survive empathy, so when we tell our stories to people who have earned the right to hear them, we can dispel some of that unhelpful shame and replace it with more effective mindsets like belonging, resilience and self-belief.

Receiving encouragement.

The bravery it takes to live authentically is very often rewarded by mountains of encouragement and celebration from people around you, who recognise and appreciate the strength it took to share. This sense of community, and recognition can nourish the soul.

Making sense of your life.

The simple process of writing out your story, even if you never tell it, can be very therapeutic. It can help to put the puzzle pieces in order, make peace with certain events, and even help highlight some learnings you weren't aware of in your own life.

Ownership and accountability.

Owning our story is the goal, so that we can integrate it in a healthy way. If our story lives adjacent to us in the shadow of secrecy or shame, we are at risk of doubting our own experience or denying it altogether. By sharing it with others, we are claiming it as a part of ourselves. We acknowledge the way it impacted us and what we learned, and how it may still be affecting us. With ownership and integration like this comes self-awareness and accountability. We are less likely to act unconsciously as a result of our narrative, and people around us can also help us remain aware of habits or patterns attached to them.

Helping others.

This may be the greatest benefit. By sharing your story, you can let other people know that they aren't alone in what they're going through. You can show them what's possible for their lives. It's an amazing gift to give to someone. From this sense of connectedness, your story can encourage others who may be at an earlier stage in the process of healing to take action, speak up, and seek help. You literally have the potential to save a life.



ACTIVITY

- 1. Of the reasons mentioned, which ones were most motivating for you?**
- 2. Reflect honestly on why you want to share your story with the world?**