

PITFALLS OF SHARING YOUR STORY

Unexpected reactions.

Most people will commend you on your courage and will support you as best they can. However, some people may not understand or may not know how to respond, if at all, and that's ok. The only way they can receive your story is through their own frame of reference, which has been built and conditioned over the course of their lives, perhaps in a way that isn't yet open to what they're hearing from you. The potential for receiving criticism after sharing increases the importance of being in a stable, integrated headspace before you do so the reactions of others are less likely to destabilise you.

Trolling or aggravation.

At its most extreme, some people (perhaps even strangers) may try to humiliate, judge or attack you for what you have been through, or for talking about it. This is rare, but can be deeply hurtful and so it is important to create safe practices and support systems in case it does occur.

Implications at work.

It is natural and occasionally warranted to have fears regarding the workplace having knowledge of your mental health, in that it may potentially affect your relationships or limit your career progression. Although it is illegal to discriminate against someone on the basis of their mental health status, it's common to have concerns and this could lead to diminished wellbeing. So do consider the culture of your work environment when choosing how you share your story.

Stagnation.

Sometimes, and especially if we find ourselves sharing our personal story repeatedly, we risk over-identifying with it as still being present and having power over us. The healthiest way to manage this is with safe boundaries and an assuredness that we are telling just a chapter of our novel which is still being written.



ACTIVITY

- 1. Of the reasons mentioned, which ones were most relevant for you?**
- 2. Reflect on any considerations you want to explore before sharing?**