

UNMUTED · PARTICIPANT WORKSHEET

Name the Story *You Carry*

A reflective practice for identifying the narratives that shape us — and the impact they can have when shared with intention.

Storytelling as a Tool for Stigma Shattering & System Shifting

SECTION 5 · PARTICIPANT REFLECTION

BEGIN HERE

Before You *Begin*

This is a reflection tool — not a disclosure tool.

You are not required to share anything you write. You choose what stays private and what becomes public. This worksheet exists to help you name what you already know — quietly, privately, and in your own time.

Take a breath. Set your own pace. Honor your boundaries.



BREATHE IN



SETTLE



BREATHE OUT

How to Use This Worksheet

- ◆ Move through the prompts slowly
- ◆ Write what feels true
- ◆ Skip anything that feels too tender
- ◆ Return later if needed
- ◆ There are no wrong answers
- ◆ Let silence be part of the process

MINI STORYTELLING FRAMEWORK

The *Unmuted* Narrative Framework

Use this to shape your story when you're ready — not before.

A

Opening

What moment or truth brings us into the story?

Anchor the listener in a scene, a sensation, or a single true sentence.

B

Tension

What challenge, stigma, or barrier did you face?

Name the friction honestly — the part most people are trained to skip.

C

Turning Point

What shifted? What changed your understanding?

The hinge. The moment the story stopped happening *to* you and started moving *through* you.

D

Insight

What did you learn? What truth emerged?

The wisdom you now carry — the thing you know because you lived it.

E

Ongoing Journey

How does this story continue to shape you today?

Story is not static. Share where you are still learning, still healing, still becoming.



CLOSING REFLECTION

You don't have to tell your story today.

You don't have to tell it all at once.

You don't have to tell it publicly.

But you deserve to honor it.

You deserve to name it.

You deserve to understand its power.

*Your story is not just personal —
it is a catalyst.*