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# Together Through Pain – Your Story Matters

*Thank you for being open to sharing your story. Whether you're still navigating the hardest days or have found moments of healing and peace, your voice matters. Your story has the power to comfort, connect, and inspire others who may be feeling isolated or overwhelmed. Please answer only what you feel comfortable with — this is your story, in your words.*

**Word Count:** Please aim for 400–800 words total. There's no pressure to write a certain length, share only what feels right to you. Every story matters, whether it's short or long.

## HERE ARE SOME GUIDING QUESTIONS TO HELP YOU SHARE YOUR STORY:

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### Introduction (Optional Info)

You're welcome to include any of the following:

- Name, age, and pronouns (if comfortable)
  - Where you're from
  - How long you've lived with chronic pain or illness
  - A photo of your choice (optional)
  - You may remain anonymous — just let us know in your email
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### Your Journey

- How did your experience with chronic pain or illness begin?
  - What is your diagnosis (or are you still undiagnosed)?
  - What has been the hardest part of living with this condition?
  - How has it affected your daily life — physically, emotionally, socially, or mentally?
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### Finding Strength & Recovery

- What helps you cope? (Treatments, people, tools, mindset, etc.)
  - What does healing or progress look like for you?
  - Any moments of peace, growth, or resilience you'd like to share?
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### Your Message to Others

- What do you wish more people understood about life with chronic pain or illness?
  - What would you say to someone who feels hopeless right now?
  - If you've experienced progress, what helped you move forward?
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### Consent to Share

By submitting, you're giving Together Through Pain permission to share your story on our website, social media, and awareness materials. You can withdraw your story at any time by contacting us — we fully respect your boundaries and choice.