

Telling/Owning Your Story

What makes you apprehensive to share? (Circle)

Ableism

Fear of invalidation

Not sure what to say/share

Fear of rejection

Embarrassment

Uncertainty

Feeling unwelcomed

Sharing causes stress/anxiety

Other:

What do you want to get out of sharing your story/what is our goal? (How will this change your story)

How much do you want to share?

How do you think they will/ how do you want them to respond?

Elevator Pitch:

How Can You Make It Sound Familiar?

How Does Your Pain/Illness Affect You As a Person?

What Doesn't It Affect?

Put It All Together!

Elevator Pitch Draft:
