

Telling Your Story

Why we tell our story...

- Your tale of healing has power. It enhances the reality of your addiction and recovery for both you and everyone around you.
- It gives other people hope. Some will identify with what you are sharing.
- It supports your development and growth in our community as well as the establishment of enduring bonds.
- It guarantees accountability between you and the people you recover with.
- People respect you more when you tell your tale clearly and appropriately. This isn't entertainment, this is recovery.
- It aids in voice discovery. You can honestly state that you were taught poor behaviors or that you simply didn't know any better when you openly tell your tale and own your flaws as a person. You'll be aware of how your past experiences have influenced who you are now and how you hope to develop in the future.

Tips:

You cure yourself through the habit of telling on yourself. Acknowledging the existence of an issue is half the battle won in solving it. Never hesitate to get intimate, just be careful. When we mention things the right way there will be more people who can identify with what we're sharing. We cure ourselves through the habit of telling on ourselves. Acknowledging the existence of an issue is half the battle won in solving the problem. Before beginning the process of problem management, we must first acknowledge that there is a problem.

What happened is what is most in your tale. Others will have more motivation to jump right in thanks to you. How did you get to your bottom? What motivated you to work on a rehabilitation program?

Take care not to become engrossed in too many details. You should be able to tell your story in roughly 35 to 45 minutes during an hour-long meeting. You can become a compelling speaker if you plan what you want to say.

Don't ignore any relapses. Some individuals battle with relapses, and what you are doing differently or what you realized this time can help someone else in the audience who has relapsed another reason not to relapse.

Be honest about how things are right now. People who are always happy, joyful, and free may simply be hiding in the rooms, frightened to face the outside world. We are given recovery skills to help us live in the world and not allow worldly behaviors (pride, greed, lust, wrath, envy, gluttony, and sloth) to pull us down. While in recovery, many of us still deal with depression, anxiety, and loneliness. What recovery affords us is a way to deal with these issues one day at a time.

So basically...

1. Introduce yourself and share your clean time.
2. Share your life before discovering a recovery program (ODs, DWIs, in and out of detox, broken family relationships, failed love connections, lost jobs, or simply being sick and tired of being sick and tired).
3. Share what happened (what made you say "I'm done with this").
4. Share what life is like now. We have discovered gratitude.
5. Discuss the hope that comes with healing. Remind your audience that while healing can be challenging, it is not unachievable. Inform your audience that it's normal to experience difficulties from time to time during the healing process. We're just continuing to discover difficulties in our lives so that we can put together a plan to manage them immediately. The journey is more important than the destination.