



# Share Your Story

Information sheet: Ever wonder where to start when trying to work out how to share your story? Start here...

## Gather – Check – Practice – Decide - Talk

An important part of coping with your special person's brain injury is to understand what happened. It is normal to have friends, teachers, family members and other people ask you about it.

Understanding everything that has happened can help you to tell your version of the story.

Remember:

- It is up to you to decide if, when and how you would like to share your story
- You don't need to tell people your story just because they asked
- You may decide you only want to tell parts of your story. You can pick and choose the parts

### 1. Gather

Use the table below to gather information about what happened.

Who is the story about?	
When did the injury happen?	
Where did it happen?	
What happened to them?	
How are they now?	
Where are they now?	
What's happened for you since the injury?	
How could people help you?	



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## 2. Check

Now that you've listed details about what happened, you can check the information with your family, or staff at the hospital. Checking helps to fill in any gaps or make sure you have the correct information.

If your story includes other family members, like brothers or sisters, it is good to check if they are comfortable with you sharing any information about them. Remember, not everyone may like to share the same amount of information and that's ok.

As time passes, your story may change as you learn more about brain injury, the changes to your special person and your family, and what it all means for you.

## 3. Practice

Talking about your special person's brain injury can be really hard!

Practice telling your story with people you trust. That way, you may feel more ready when people ask you about it.

## 4. Decide

Decide who you want to talk to, or who you want to share your story with.

It's always good to have people to turn to that we trust.

There are different levels of trust amongst the people in your life.

You might trust these people with your safety, your worries, to share in your good times and the bad times.

On the next page, list the names of people in your life. Then create a trust ladder by placing those names into the trust levels.



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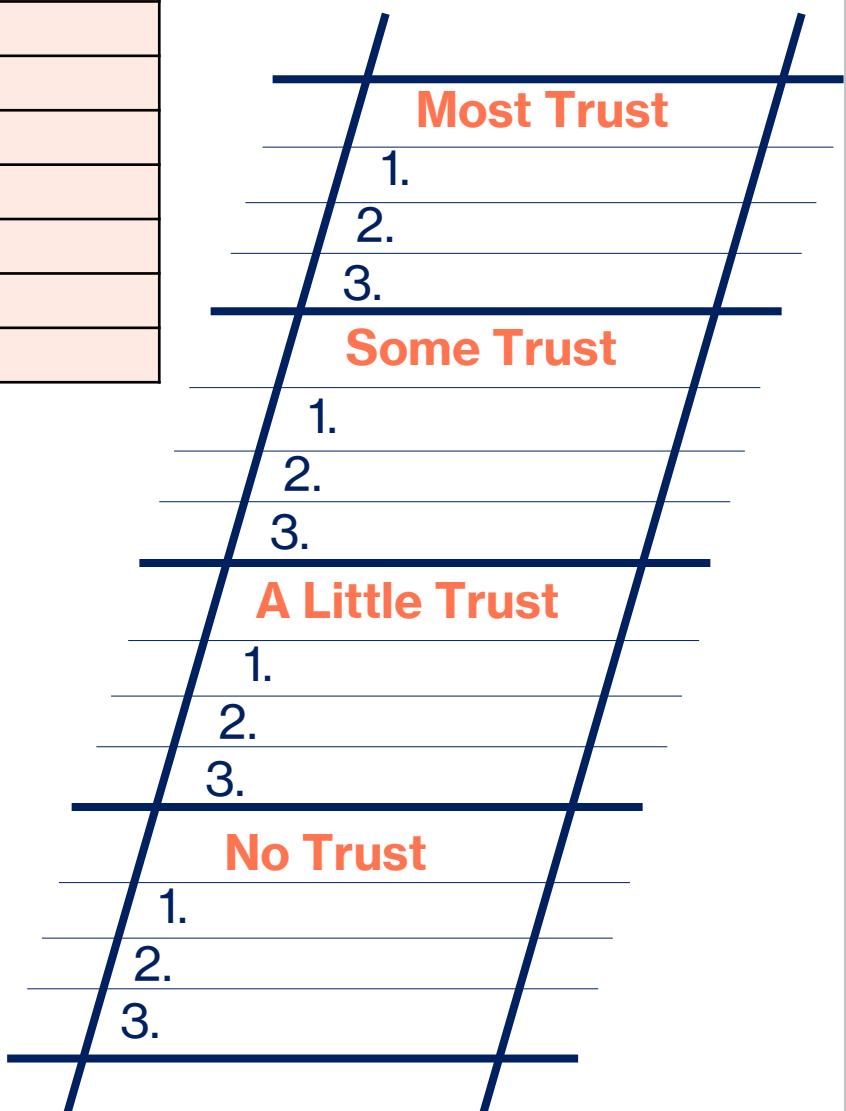
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## 4. Decide...continued

Peers/ Friends	
Family Members	
School	
Community/ Coaches	
Your choice!	



## Your Trust Ladder





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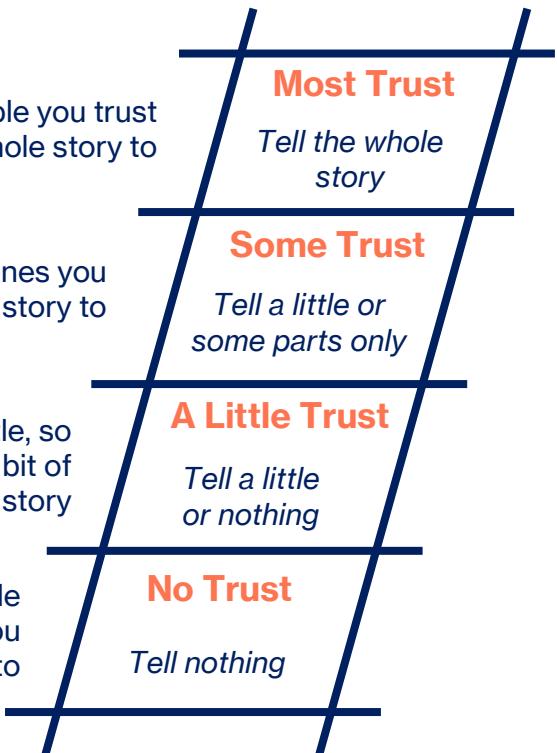
## 4. Decide...continued

The people at the top of the ladder are the people you trust most. They might be the ones you tell your whole story to

The people in this part of the ladder might be the ones you tell a little or some parts of your story to

The people in this part of the ladder you trust a little, so you may choose to tell them nothing, or just a little bit of your story

The people at the bottom of the ladder are the people you trust least. They may be the people that you decide not to tell your story to



## 5. Talk

Remember it is up to you to tell your version of the story, whenever you are ready and feel ok to do so. You may find the same questions come up, and others may be surprising. If you are not sure what to say, you could say:

*“I wouldn’t like to talk about that at the moment”*

*“I’m not ready to talk about that so I will let you know when I am”*

*“That’s a hard question, let me think about it”*

*“Can you ask me later?”*

*“Thank you for asking. I’m still working through it all right now”*

*“I’m keeping that information private”*

What else could you say? \_\_\_\_\_