SHARE YOUR STORY

We all have a story to tell, but how often do we intentionally and constructively share it? It is common that we consume ourselves with thoughts like, “If someone knew this about me, they would love me less, care for me less, respect me less.” Learning how to share your story when you’re feeling good will help you feel more comfortable sharing it when you’re feeling upset.

Step 1: Consider your path to growth so far.
Think of your overall life story. Reflect on the joyful moments—with whom have you felt comfortable and excited to share your joy? Think about the difficult moments—how have you voiced your pain, sorry, or discontent?

Step 2: Identify your core beliefs and memories.
Think of moments in your life that created your core memories and beliefs (e.g. first relationship, loss of a loved one, volunteer work). Recognize that these experiences might contain a mix of emotions.

Step 3: Choose three people in your life to whom you would feel comfortable revealing your whole self.
If there is a piece of your story that you feel might be too difficult for someone to hear, consider connecting with a professional counselor.

For your first person: choose someone in your immediate circle of friends whom you feel you have developed a strong and trusting connection.

For your second person: choose someone within the Gonzaga community with whom you feel you have a high level of trust.

For your third person: identify someone, potentially in your immediate family, that is away from Gonzaga.

Step 4: Establish a deeper sense of trust.
As you prepare to wholeheartedly share your experiences and core beliefs, let each person know! Tell them you value the relationship you’ve developed with them. Allow them to understand the way in which you want to share your truth (i.e. are you comfortable with them asking questions? Do you want advice? Or do you simply want to share?).

Step 5: Be courageous.
Give yourself a chance to be truly and wholly seen by someone else and share your story with them!
Again, if at any point you feel your experiences might be too intense for any one individual to hear, connect with a professional counselor.

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