

Sharing your story with service users/clients

It may be helpful to have an idea of what you would like to share with others about yourself before going out and meeting the clients who you will be supporting. This is often referred to as sharing your own personal story of recovery. It is important to understand how and when it may be useful to share with someone your own journey but also to recognise boundaries and when this may be inappropriate to share.

It may be useful to think about how and when you would share your journey and also refer to the Wellness Action Plan for guidance, along with conversations with the people in the team you feel comfortable with. If it helps to write a script, feel free to jot down ideas and thoughts below as a starter. This is not mandatory and is an option to complete if you would find this helpful.

Experiences I've overcome and am happy to share:

Things that I'm proud of:

Things that I wouldn't want to share (no need to write down, just think about if you'd like to):



