Sharing Your Experience, Strength, and Hope

Welcome! If you've ever thought about sharing your story at an Al-Anon meeting but weren't sure where to start, this worksheet is for you. Speaking can feel intimidating, but remember: Your story matters, and it can help others just as others' stories have helped you.

Step 1: Why Share?

Think about why you first came to Al-Anon. Hearing others share likely helped you feel less alone. Now, you have a chance to do the same for someone else. Take a moment to jot down why sharing might be important to you:

Why do I want to share my story?

Step 2: Common Fears & How to Overcome Them

You might be thinking:

- "I'm not a good speaker." → You don't have to be! Just be yourself.
- "My story isn't interesting." → If it helped you, it will help someone else.
- "I don't know what to say." → That's where this worksheet helps!

What's one fear you have about speaking? How can you work through it?

My biggest fear: _____

How I can overcome it: _____

Step 3: Simple Outline for Your Story

Breaking your story into three parts makes it easier to organize your thoughts. Use the prompts below to guide you.

1. What was it like? (Before Al-Anon, what struggles were you facing?)

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2. What happened? (What made you decide to try Al-Anon?)

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3. What is it like now? (How has Al-Anon helped you?)

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Step 4: Tips for Speaking Comfortably

- Keep it simple—speak from the heart.
- Stick to your own experience (no advice, just your story).
- Take deep breaths and pause when needed.
- It's okay to be nervous—everyone is at first!

What's one thing you can remind yourself to stay calm while speaking?

Step 5: Practice!

Try writing a few sentences summarizing your story, using the outline above. Even if you're not ready to speak yet, this is a great first step!

You're on your way to sharing your experience in a way that can help others. When you're ready, just take it one step at a time. You've got this!