

# Tips for Sharing Your Story in The Real World

Created by the Centre for Grief and Healing

*Bereaved Families of Ontario - Halton/Peel*

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## **Create a Script**

Imagine you're at the mall or in the grocery store and you run into a old friend/co-worker who you haven't seen or talked to in a while and they ask how your deceased loved one is doing. How would you respond? Creating a script of what you would say in situations such as these can help you feel more in control and allow you to think about what your truly comfortable sharing with others. Your script may look different depending who is asking you or where you are - so try to put yourself into different scenarios where this could happen and create a script in your head of an answer that you are comfortable with.

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## **Plan for Triggers**

Sometimes, we may get triggered unexpectedly when out in public, returning to work, or community group, especially when someone asks us about our loved one. Planning how you are going to cope with those triggers can help elevate some free-floating anxiety and give us a greater sense of control when talking about our loved ones. Create a plan that you are comfortable with, allows you to feel safe and helps you cope with triggers in a healthy way.

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## **Share Your Story Often**

The more you share your story with those you trust, the easier it will be to share your story with others. Sharing your story helps you move forward in your grief journey and gives you an opportunity to reflect on the current emotions you feel around your grief. Sharing your story can be nerve-racking, but with a script you are comfortable with and a plan to cope with triggers, sharing your story becomes a little bit easier.

