

My Ouch Story

Everyone has a story to tell. When bad things happen, it makes it much harder to tell the story. When bad things happen to us, there is typically a lot of shame, guilt, and embarrassment. This activity provides guidance to achieve the goal of telling your story without the shame, guilt, and embarrassment. To get the story out, so that someone else can hear it and read it. Complete the sentences below with your story. Please use additional pages as needed.

I remember a time when _____

First, _____

Next I remember _____

Then, _____

Last, _____

I remember feeling _____

I would like to feel _____

I need _____ because _____

I feel safe when _____

These are the people in my life who support me _____

When I get upset, I can _____

_____ to feel safe again.