

Storyteller Readiness Self-Assessment

There is no passing score, just information for you and whoever is supporting you before you go public.

Emotional Readiness

1. What do you hope people take away from your story: catharsis for you, a warning to others, solidarity, or something else?
2. Which parts of your story still feel raw or unresolved?
3. Is that a sign of a hard season right now, or a sign you need more time to heal before sharing this part?

Boundaries

4. What are you willing to share, and what is off-limits, no matter who asks?
5. Have you decided how you will handle questions that cross those lines?

People in Your Story

6. Have you shared this story with your family? If not, are you ready for them to hear it from someone else first?
7. Who else appears in your story? Have you asked their permission or discussed how you will protect their privacy?

Life Impact

8. How would you feel if each of these groups heard your story exactly as you plan to tell it: family and friends, your community or faith group, a romantic partner, or your employer or school?
9. Do you have people who can support you emotionally before, during, and after you share?

Practical Readiness

10. Do you know which parts of your story you do not know or are not sure about? Gaps are fine. Knowing where they are matters.
11. Are you prepared for this to reach more people than you expect, including a plan for your mental health and your online privacy?

If several of these feel like “not yet,” that is useful information. Take more time before sharing publicly.

Adapted from Storytelling Symposium, Module 4 (“Before You Speak: Emotional Readiness and Story Crafting”) and related Symposium materials developed by Abortion Survivors Network, Secular Pro-Life, and the Leadership Institute.

Learn more at secularprolife.org/storytelling-symposium