

## Remember, Take Heart, and Ask Yourself Questions:

\*one page of advice for storytellers\*

### Remember:

- There is no "right" story.
- Talk about something that **you** want to talk about.
- Look out for any change you might find in yourself. Or not.

### Take Heart (and have a look at these examples):

*Last year's students suggested that we give you some examples of other students' compelling and well-told stories that were just about "normal stuff". Here they are.*

- The storyteller moves to a new place and loves it. Then she has to move away.
- The storyteller moves to a new place and hates it. Then he got to move back to AK.
- The storyteller used to play with his friends at a big frozen puddle when he was a little and now he really misses those times and that place.
- The storyteller was scared of snorkeling/losing a friend/divorce/and more. (Some learned from their fear, others overcame it, others did not.)

*Note that these stories, when shared in class, all contained an abundance of lively details.*

### And stop and ask yourself questions when: <sup>1</sup>

- ...you find yourself mocking another character in your story.
- ...you find yourself saying some version of "I don't mean to be offensive/racist/sexist, etc."
- ...your story is mostly about something that didn't actually happen to you (i.e. it's not about YOU or it didn't actually happen like that).
- ...if your story significantly involves another person, think about whether or not it is appropriate to ask for their permission before you share the story.

Be honest. Be brave. Tell your story.

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<sup>1</sup> Telling stories can make us accidentally reveal assumptions, perceptions, or misperceptions we did not even know we held. This can be embarrassing but it can also be productive. Try notice if your stories reveal anything that makes you cringe at yourself. If that happens, ask questions about the cringe-worthy stuff. You might learn something. Or you might just feel awkward. Hopefully, the former.