

The Power of Story Telling




I Rise, I Fall

You Rise, You Fall

We All Rise, We All Fall

*Using Your Journey
to Lift Others*



A landscape photograph of a river valley with mountains in the background, overlaid with text. The text is centered and reads: "Visual storytelling of one kind or another has been around since cavemen were drawing on the walls." Below the main text, the name "Frank Darabont" is written in a smaller font. At the bottom of the image, the logo "BrainyQuote" is visible.

Visual storytelling of
one kind or another has
been around since
cavemen were drawing
on the walls.

Frank Darabont

BrainyQuote

Tell me a fact
and I'll learn.
Tell me a truth
and I'll believe.
But tell me a
story and it will
live in my
heart forever



Native American

Vulnerability as a Social Worker

Vulnerability
is the **first** thing I look for
in **you**
and the **last** thing
I'm willing to show you.

BRENÉ BROWN - IAMFEARLESSSOUL.COM



*When we share our struggles, others
feel less alone, and maybe, just
maybe, they can overcome too*



Be so authentic that
others are not afraid
to be themselves, too

OurMindfulLife.com

When disaster strikes, who will take the first step?

Others will follow...



But how??

Boundaries??



***It's not easy, but
it's simple.***

Eric Thomas

***When do we
know it's about
lifting up and
not about us?***

Self Exploration

Think about your own use of self disclosure

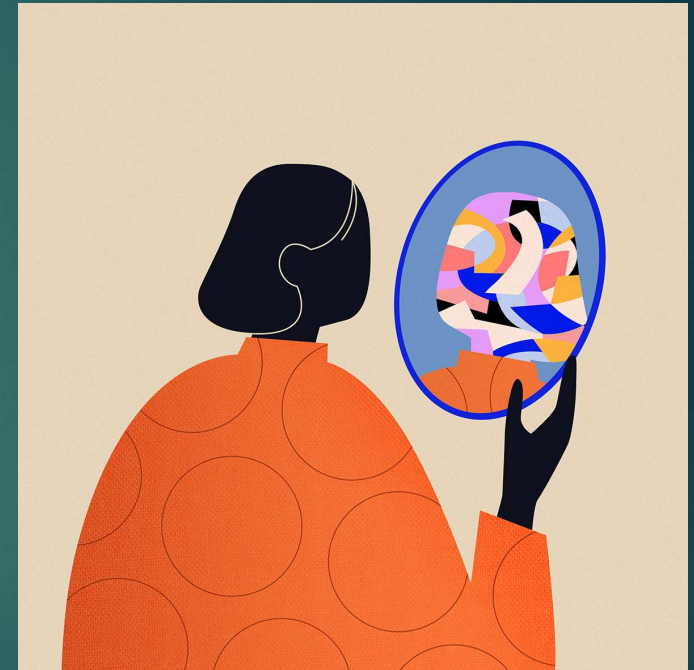
How have you used it?

In what situations?

With who?

Why?

What was the impact?



What needs to be considered in self disclosure?

- ▶ *Established relationship*
- ▶ *Client's history*
- ▶ *Cultural differences*
- ▶ *Age of client*
- ▶ *How often are you disclosing*
- ▶ *Client's current mental health state – vulnerabilities*
- ▶ *Knowing the root reason for the disclosure*
- ▶ *Mindful of potential additional questions that may come*
- ▶ *If unsure of client understands connection to self disclosure – say it*
 - ▶ *“the reason I shared that with you...”*



Doing the work on ourselves... life long



***We are not “different than” ...
we all long for belonging***



Be authentic, to ourselves and others



Give ourselves, and others, grace



WE ALL RISE, WE ALL FALL

