

## Storytellers – Personal Prompting Template

To submit your story for publication: contact: storytellers@sandyrao.com

### Things for consideration – it does not need to be structured this way.

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**The Title of My Story/Journey:** [What name captures the essence of my experiences or those I support?]

**My Expression Medium:** [Which medium—be it writing, poetry, photography, sketching, video, painting, music—feels most natural for conveying my story or the stories I am part of?]

**My Central Theme:** [What is the central thread—my own mental health, my role as a caregiver or ally, or my place within the community?]

**My Purpose:** [What do I hope to understand, convey, or heal through sharing these experiences?]

**My Story in Brief:** [A concise sketch of the experiences or transformations I wish to share]

#### The Elements of My Narrative:

- **My Characters:** [Who features in my story? Am I the protagonist, a guide, an observer, or a companion on this journey?]
- **My Setting:** [What spaces—physical, emotional, social—have framed these experiences?]
- **My Challenges:** [What obstacles have I or my loved ones faced? How have they shifted over time?]
- **My Growth:** [What resolutions or evolutions have occurred through these challenges?]

#### My Reflective Questions:

1. How has my story or my role in the stories of others evolved at different life stages?
2. What moments of transition have significantly altered the narrative I live or witness?
3. What insights have I gained about my identity and role within the scope of these mental health experiences?

**My Personal Insights:** [Any additional reflections, shifts in perspectives, or meaningful realizations]

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### Section-Specific Personal Reflections

#### The Hero's Journey (My Own or That of a Loved One)

- I'll ponder my own evolution through mental health challenges, or reflect on supporting a loved one. How have I changed or aided change?
- I'll consider how my resilience has been tested and forged. What strengths have emerged?

- Choosing a medium that resonates with me, I'll document my transformation or the empowerment of someone I care for.

### **Rewriting My Narrative (or That of My Community)**

- I'll revisit past experiences from different timepoints in my life or observe how the community narrative has shifted.
- I aim to understand how perspectives can change, bringing new meaning to familiar stories.
- My story may unfold through words, art, or another form that allows me to weave the threads of time and change.

### **A Spectrum of My Characters (Including Myself as a Caregiver or Ally)**

- I'll introspect on the roles I've played in my mental health journey or in supporting others—sometimes a main character, other times support.
- How do these roles change the story? I'll capture this dynamic through interviews, portraits, or creative storytelling.
- I'm keen to illustrate the diverse cast of my life's narrative, each character's presence, and our intertwined stories.

### **My Turning Points (Personal or Observational)**

- I will pinpoint pivotal moments that redefined my path or the paths of those I support.
- How have these milestones reshaped my or their approach to mental health and well-being?
- I'll convey these crucial changes through a medium that allows deep exploration and vivid portrayal.

### **Through a Wider Lens (My Community's Story)**

- I want to share narratives—mine or my community's—that aren't often heard in the mental health discourse.
- I might create a collection of vignettes, a series of photographs, or a multimedia piece to enrich the collective narrative.
- I'll contemplate how my contribution broadens the conversation and fosters inclusivity.

### **Our Shared Visions (The Collective Dream)**

- I will dream about the future—not just for myself but for those whose stories I share and for the broader community.
- My chosen medium will breathe life into this shared vision, perhaps through a collaborative art piece, a written manifesto, or a shared soundscape.
- I'll reflect on how this vision can inspire and mobilize us towards a more supportive and empathetic society.

Through these personalized prompts, I invite you to delve into the layers of your experiences or those you witness as a caregiver, ally, or community member. Your narrative may have shifted through the seasons of your life, reshaping who you are and how you see yourself within your

story. Whether you stand center stage or support from the wings, your tale is rich with transformation, resilience, and hope. Each reflection is an act of reclamation and an ode to the ever-evolving journey of mental health.

To submit your story contact: [storytellers@sandyrao.com](mailto:storytellers@sandyrao.com) at the MAPS lab.