NEW DAY RECOVERY

Session 33 Handout

My Story: Three Minutes, Safely

From Session 33. A safe story is engineered, not improvised. Unfinished is credible.

Name: _____ **Date:** _____

Roughly a fifth before, a fifth the turn, and the rest now. The turn is the testimony: listeners in the pit do not need our pit described better — they need the ladder located.

1. What it was like (brief, honest, no scenes):

2. What happened (the turn — the people, the program, the moment surrender became direction):

3. What it is like now (the longest section — practices, people, evidence, and honest unfinished business):

Safety rules

- ☐ No graphic use detail.
- ☐ No naming-and-shaming others.
- ☐ Nobody else's story told as mine.
- ☐ No timelines or outcomes I cannot support.
- ☐ Sized for the setting.

Homework: deliver your story once this week to a real (safe) audience, and write three lines on how it went.