

# The Hero's Journey (and YOU are the Hero!)

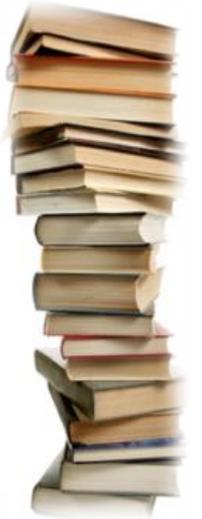
The Healing Power of Telling Your Story

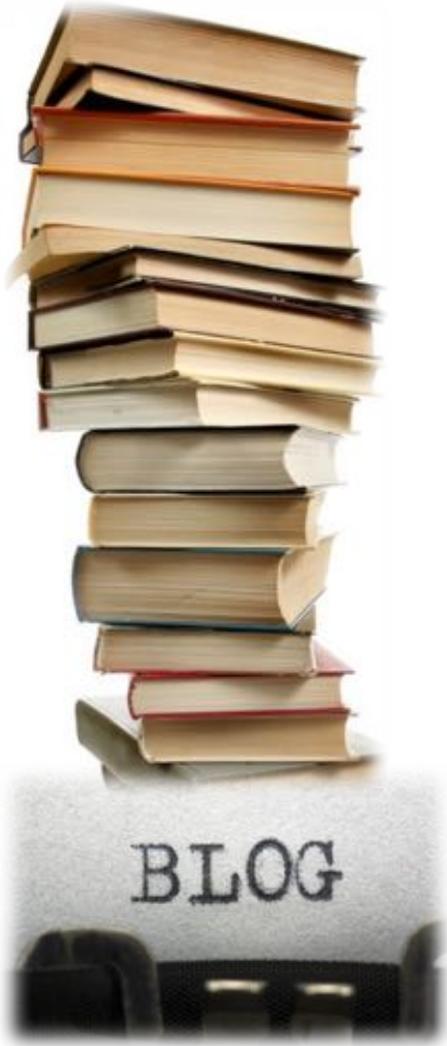


Jeff Bell  
Alison Dotson  
Shala Nicely  
Stuart Ralph



# The elevator pitch





# Musical Chairs



*Groups of 2-3  
People you don't know!*

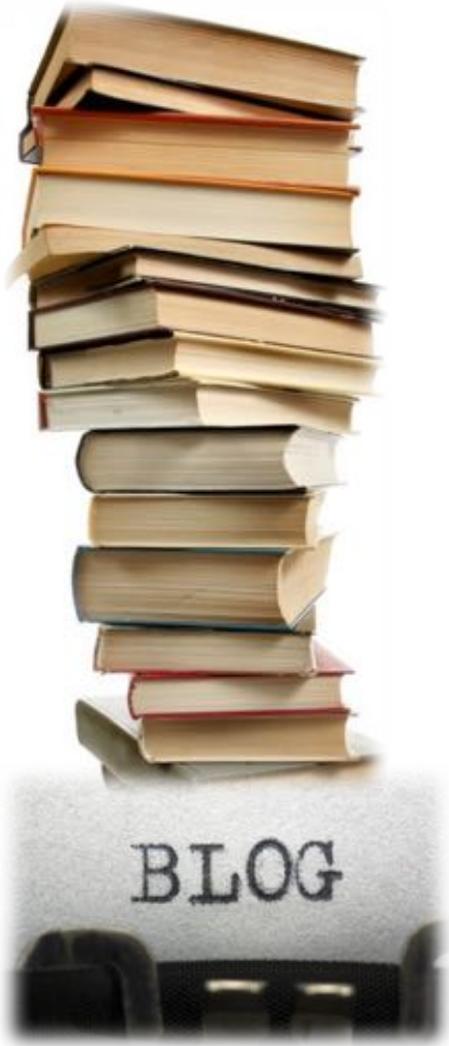


# Today's Tale



- *Criteria to determine if you'd like to share your story*
- *How to find the right audience: storytelling options*
  - *Print*
  - *Audio/Video*
- *The Hero's Journey*
- *Creating your own elevator pitch*





# Criteria



# Self-Stigma



- Identifying with false stereotypes ("public stigma") about mental illness.
- Can decrease your belief that you are good/able and that there is hope
- To reduce self-stigma: do what might seem most threatening - share your experiences
- Telling someone can be empowering and may actually increase your self-esteem

(Buchholz and Corrigan, 2017)



# Potential Benefits of Sharing Your Story



- Improved self-esteem and self-efficacy
- Improved relationships and expectations
- Better understanding of challenges
- Opportunities for support, assistance, and reasonable accommodations
- Relief of stress and guilt connected to keeping a secret.

(Buchholz and Corrigan, 2017)



# Potential Costs of Sharing Your Story



- Risk for physical or emotional harm (hate crimes)
- Discrimination
- Disapproval or exclusion from others
- Self-consciousness



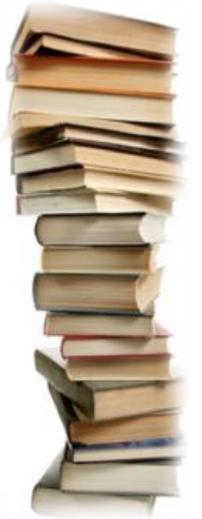
(Buchholz and Corrigan, 2017)

# Questions to Consider



- Who do I want to tell?
- Why do I want this audience to know?
- What about my experience do I want to tell them?
- What are some possible outcomes of my disclosure- negative and positive, short- and long-term?

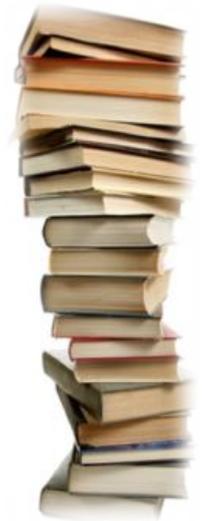
(Buchholz and Corrigan, 2017)

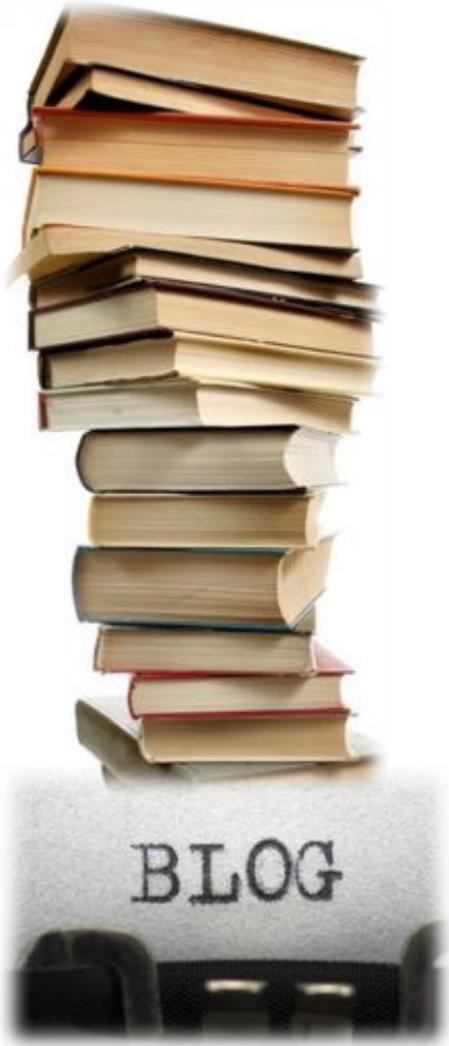


(Corrigan, Nieweglowski, Buchholz & Maya A. Al-Khouja, 2017)

**Table 2.3: How People Might Respond to Your Disclosure**

| EMOTIONAL RESPONSE  |   |
|---|---|
| Positive  | Negative  |
| <b>Understanding</b><br><i>"It must be hard living with your illness and the secret."</i> | <b>Disrespect</b><br><i>"I don't want some dangerous loony like you around."</i>                            |
| <b>Interpersonal Support</b><br><i>"I'm here for you if you need someone to talk to."</i> | <b>Denial</b><br><i>"I'm not giving you any special breaks because of your mental illness."</i>             |
| <b>Assistance</b><br><i>"Can I give you a lift to the doctor?"</i>                        | <b>Retribution</b><br><i>"I'll get you fired. I don't have to work next to a crazy guy like you."</i>       |
|   | <b>Fear/Avoidance</b><br><i>"You're dangerous. I'm staying away."</i>                                       |
|   | <b>Gossip</b><br><i>"Hey, did you hear about Joe? He was committed to the insane asylum."</i>               |
|   | <b>Blame</b><br><i>"I have the same kind of problems as Gayle but I don't go around and blab about it."</i> |





# Storytelling in Print



*Essays, journals, and books, oh my!*



# Start Out Small: Use Someone Else's Writing!



*Rely on other people's writing before you're ready to write and share your own story.*

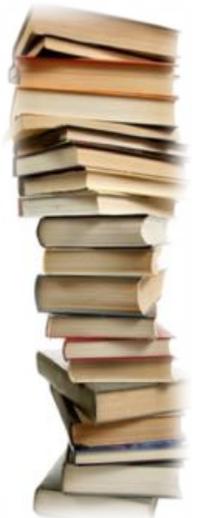
- Find an article/study you relate to?
  - Take it to your therapist, explaining how it captures your fears
  - Highlight what speaks to you
- Ask a loved one to read a book that really helped you
  - Bookmark passages that meant the most to you or explain what you've been going through
- Post a poem or essay in your workspace, or to social media.
- Share a myth-busting article on social media, with or without your own take on it.



# Step It up a Notch: Share Your Own Writing



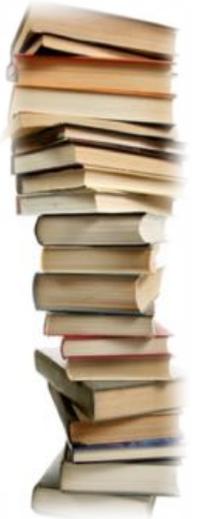
- Write a letter
  - For yourself to refer to
  - To share your worries or diagnosis with a loved one
- Show a trusted friend or family member a page of your ERP writing exercises, and explain how it helps.
- Post part of your story to social media
  - Squash a stereotype on Facebook (“I know what you’re thinking: How can Alison have OCD if her house is so messy all the time? Well,...”),
  - Write a snippet on Twitter using #OCD
  - Share a photo on Instagram with a detailed, awareness-building caption



# Broaden Your Audience: Get Published



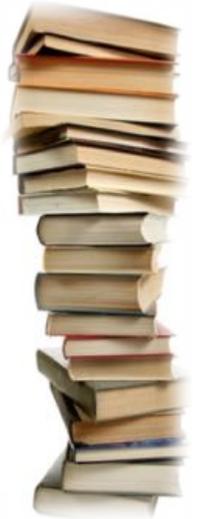
- Start your own blog.
  - Free, easy-to-use platforms abound
  - Share on social media
- Submit one to a site like
  - The Mighty
  - The IOCDF
  - The Huffington Post
  - Local newspaper
  - Book of essays
  - Mental-health-focused newsletter
- Have a book's worth of material? Polish a sample and submit it to a publisher!



# Tips for Sharing Your Story Far and Wide



- Your experience is unique, so make your story personal.
  - Don't have to spill your guts (unless you want to!)
  - Make it as detailed and true to you as possible
- Break up your story into several smaller angles.
  - For a book? Can share nearly your entire experience
  - For a blog or for a publication? Come up with several ideas, for example:
    - How you were diagnosed with OCD
    - How you told your family and friends about your diagnosis
- Have a friend or colleague proofread your work!



# Tips for Sharing Your Story Far and Wide (cont.)



Before submitting, read the publication's submission guidelines. For example:

- Word count may be limited
- May require original material not posted elsewhere
- May be a time window (one quarter of the year)
- Some publishers may
  - Only take certain genres
  - Require full manuscript...
  - Or want only a few chapters
  - Require an agent
  - Accept or not accept unsolicited manuscripts



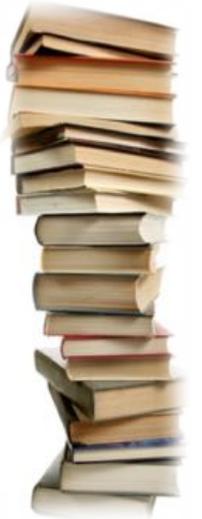


# Using Audio and Video to Tell Your Story

*Why audio and/or video?*



*It's as old as time.*



*Why audio and/or video?*



*You may not like writing.*



*Why audio and/or video?*



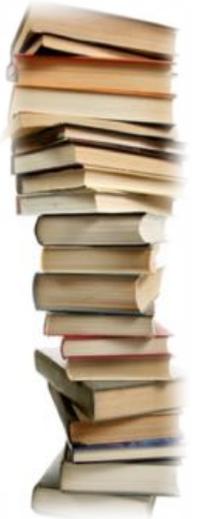
*Audiovisual allows for  
connection.*



*Why audio and/or video?*



*If a picture is worth a thousand words, then a video is worth a million.*



# Why audio and/or video?



Advocacy

Stigma

# How can it be used?

Therapeutic  
reasons

Share your story  
for cathartic  
reasons



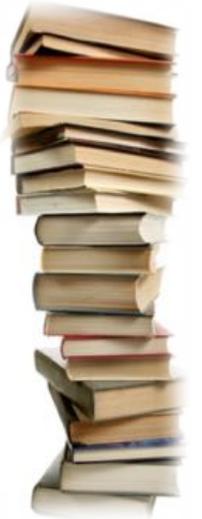
*Successful audio and video*



*Why audio and/or video?*



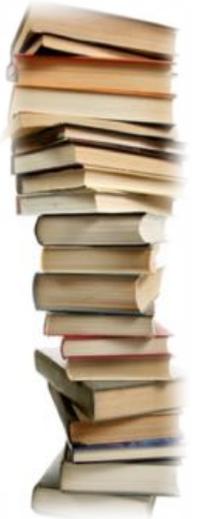
*Be authentic.*



*Why audio and/or video?*



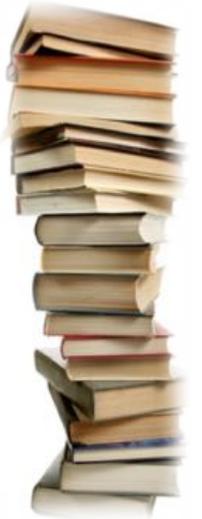
*Edit or one take?*



*Why audio and/or video?*



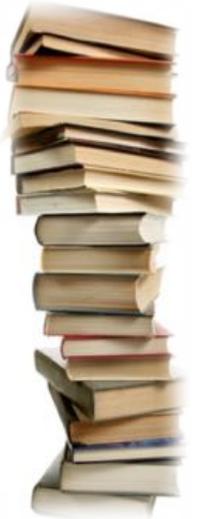
*Environment*



*Why audio and/or video?*



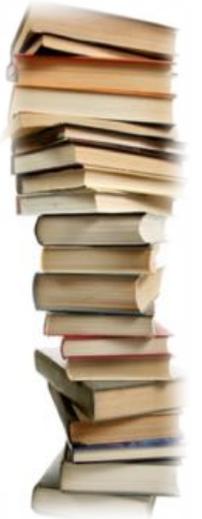
*Start small.*

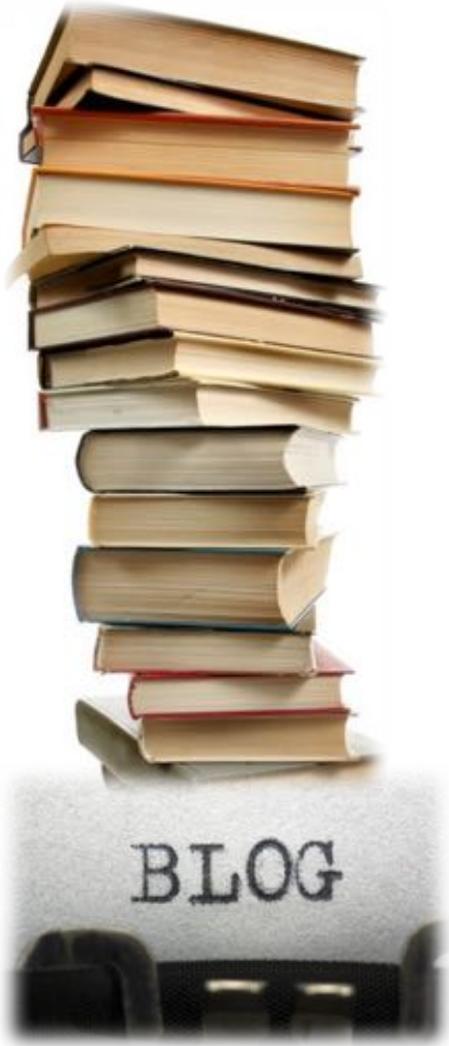


Why audio and/or video?



“Those who mind don't matter  
and those who matter don't  
mind.”





# The Hero's Journey

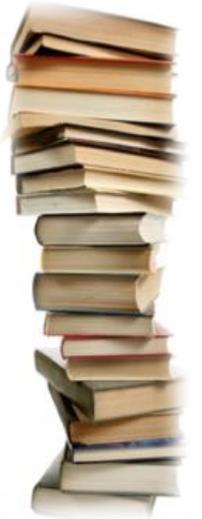


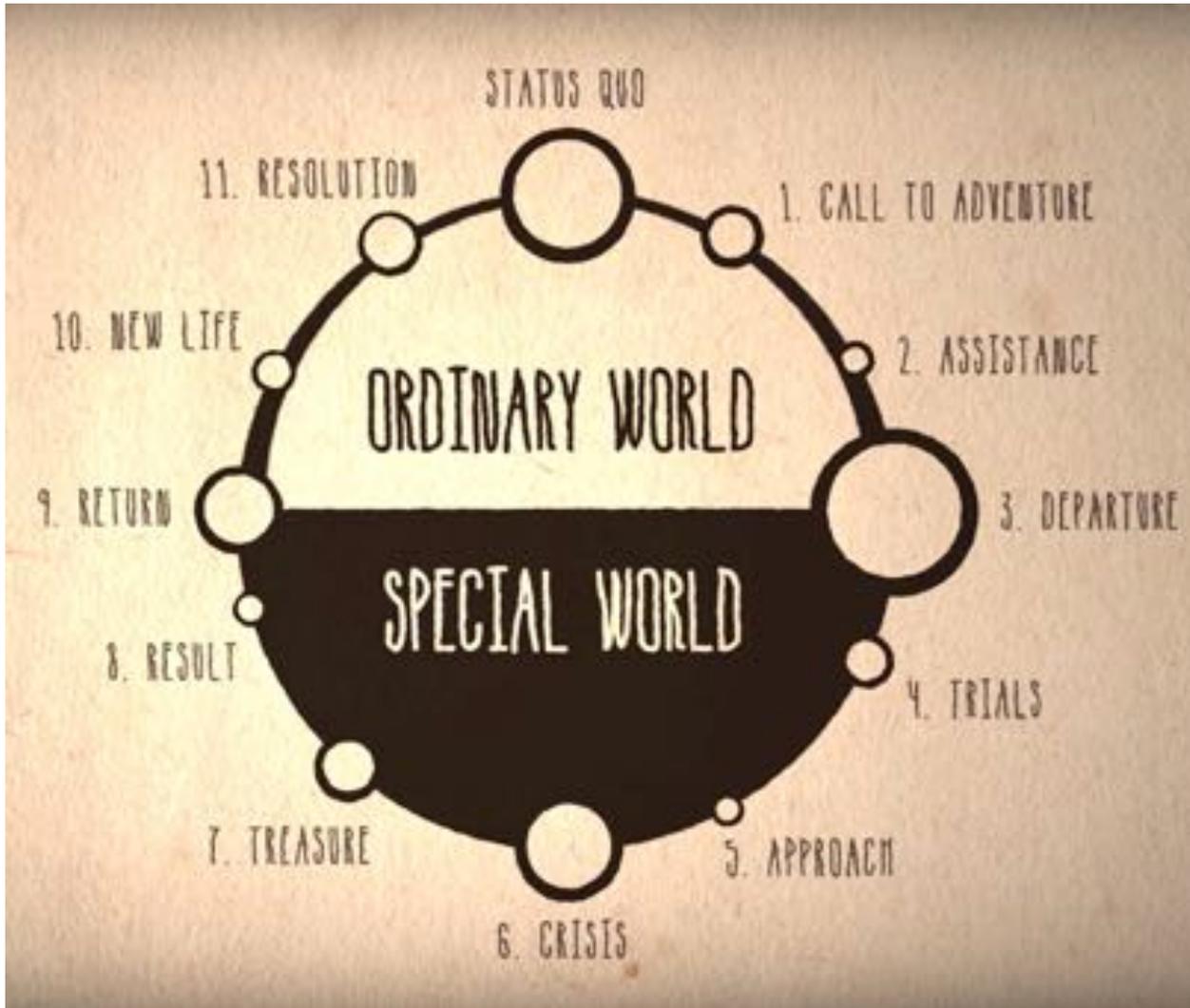
*Or...why Harry Potter is such a great story!*





**TEDEd** Lessons Worth Sharing



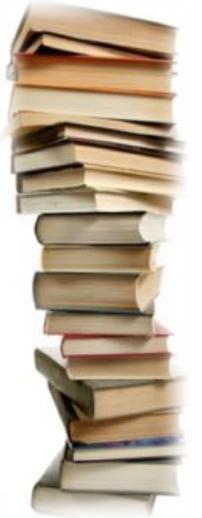


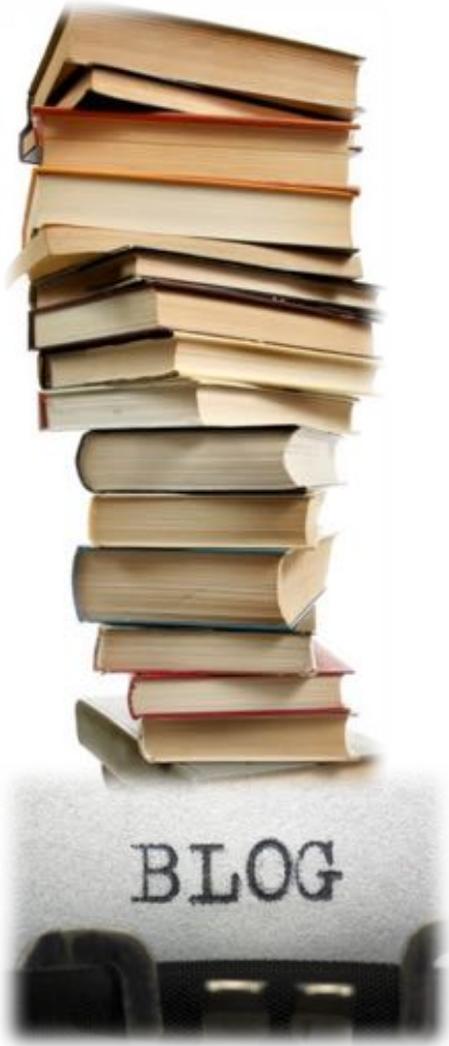
# Wise words



"THE CAVE YOU FEAR TO ENTER  
HOLDS THE TREASURE YOU SEEK."  
- Joseph Campbell







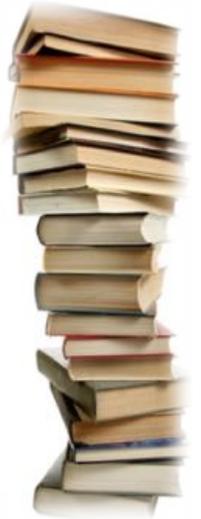
# Your Elevator Pitch



# Creating your elevator pitch



- Let's use a simplified Hero's Journey as a template:
- What happened to kick off your adventure?
  - Call to Adventure/Assistance
- What did you go through?
  - Departure/Trials/Approach/Crisis
- What did you learn as a result?
  - Treasure/Result
- How did this make a difference in your life?
  - Return/New Life



# There isn't one right way to do this!

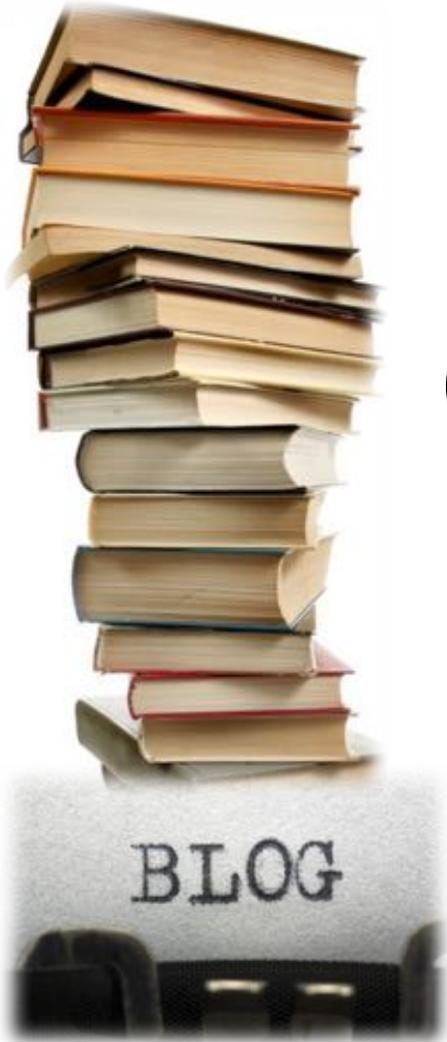


- Elevator pitches can be different lengths
  - 60 seconds
  - 30 seconds
  - 15 seconds, etc.
- They can also follow a completely different format than what we're suggesting—it's not black and white (even though OCD would like it to be!)
- There's no right or wrong!



*Share your elevator pitch!*





# The Hero's Journey (and YOU are the Hero!)

The Healing Power of Telling Your Story



Jeff Bell  
Alison Dotson  
Shala Nicely  
Stuart Ralph



# References



- Blythe A. Buchholz and Patrick W. Corrigan, Illinois Institute of Technology. Editing support: Sue McKenzie, Rogers InHealth <http://www.rogersinhealth.org/blog/201304/%E2%80%9Ccoming-out%E2%80%9D-might-be-worth-it> Accessed June 20, 2017.
- Patrick W. Corrigan, Katherine Nieweglowski, Blythe A. Buchholz, and Maya A. Al-Khouja - HONEST, OPEN, PROUD to Eliminate the Stigma of Mental Illness WORKBOOK, 2017.
- What makes a hero? - Matthew Winkler on TEDEd: <http://ed.ted.com/lessons/what-makes-a-hero-matthew-winkler#watch>. Accessed June 21, 2017.

