

Telling Your Story & Owning It: A Therapeutic Tool

As Brené Brown says, “Owning our story and loving ourselves through that process is the bravest thing that we will ever do.” This guide explores how telling and owning your story can be a powerful tool for healing, self-acceptance, and growth.

Why Telling Your Story Matters

- Your story helps make sense of who you are and where you've been.
- Naming your experience gives you agency and self-understanding.
- When you own your story, it can no longer own you.
- Sharing your story (even just with yourself) helps reduce shame and isolation.

What It Means to “Own” Your Story

- Accepting your past without needing to erase or rewrite it.
- Acknowledging both pain and strength.
- Letting go of perfection and embracing authenticity.
- Choosing how your story is told—by you, not by others.

How to Begin Telling Your Story

- Start with moments that shaped you—both hard and hopeful.
- Write freely, without editing or judging.
- Use creative outlets: journaling, voice notes, art, poetry.
- Break it into pieces if it feels too big all at once.

Journal Prompts to Explore Your Story

1. What are the moments that changed me—big or small?
2. What have I learned from my hardest experiences?
3. What part of my story am I proud of?
4. What part of my story do I struggle to accept?
5. If I could tell my younger self something now, what would it be?
6. What would it look like to love myself through my whole story?
7. Who do I want to become as I keep writing my story?

Final Thought

Telling your story is not about getting it perfect—it's about getting it honest. Every time you choose to own your story with compassion, you reclaim your power and open the door to deeper healing.