

How to Write Your Story for Advocacy Letters & Presentations

If you're not sure how to tell your story, there is an example format that makes itself ideal for advocacy letters & presentations for telling your (or your loved ones) recovery story.

One way to tell your story is called the "Past-Present Journey Formula".

The Past-Present Journey formula is simply this:

- Where I was. (Where they were.)
- Where I am now. (Where they are now.)
- How I got there. (How they got there.)

The before picture begins to paint a vivid picture of the life that you had before, and would have continued to have had, if things hadn't changed. It should be relatively short to paint a vivid picture, but the focus should be on the other two sections.

The present picture begins to paint another vivid picture of what your life is like now. What things have you been able to do that you wouldn't have had the opportunity to do before? What things have you been able to do that others had tried to tell you that you would never have the opportunity to succeed at?

The last section is the most critical for advocacy. Painting a vivid picture of what made the difference in getting you to where you are now. Which services got you to where you are? What supports helped you when you needed them the most? How have they been crucial to your being able to get where you are today?

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