

WORKSHEET FOR EVALUATING A SINGLE ENGAGEMENT

This worksheet is part of the Survivor Storytelling Workbook. The full workbook is available at the [NSN website's resource library](#).

What is the engagement, opportunity, or event?

What organizations, agencies, or outlets are facilitating this engagement, opportunity, or event?

Do I want to share details of my story at all?

Do I feel pressure to share my story?

Do I feel obligated or required to tell my story, or like I “owe” it to them?

Do I feel like I can say “no” to the person or organization asking me?

Do I trust this organization and its mission? Are there survivors or allies who I trust who I could speak with freely about my concerns?

Do I feel tokenized?

Am I comfortable with the setting in which I'm being asked to present? Are there any accommodations or changes I can request?

Am I sharing my story the way I want to? If not, do I feel comfortable telling the organization or person that I'd like to modify the format/way I'm sharing my story?

Do I feel comfortable with having my photo taken or being filmed for the event? Is the organization asking me to share a photo for a bio, etc.? Do I feel comfortable saying "no" if I'm uncomfortable with this? How will I ensure that the event organizers know my boundaries in advance of the event?

Do I have any other specific concerns?

What are the pros (things I'm excited about) or cons (things I do not like) about this particular engagement, opportunity, or event?

Pros

Cons