

THREE Essential Stories for the Ally

THE CONDITION OF THE PERSON

The condition of a person facing a life-challenge is often one of feeling not as capable as those around them. As they are questioning whether they are worthy enough to engage in this struggle—or if they should retreat—there are three primary kinds of self-talk:

Not belonging: “I don’t belong. Even if I’m successful, people will not want me. I won’t be good enough for them.”

No-one will help: “There will be no-one to help me. I’m all alone.”

Not enough courage: “I’m just not brave enough to try this.”

HOW THE ALLY CAN HELP

The Ally can encourage the person by offering three kinds of stories that reveal your own struggles in similar situations. These stories are not intended to help the person “feel better”, but rather to demonstrate that their indecision and concerns have been shared by others. They are not alone.

Not-Belonging

A story of a time when you felt left out, like you didn’t belong.

Someone Helped

A story of a time another person came to your aid in a difficult time.

Courage

A story of a time when you had to find the courage to act.