Am I ready to tell my story?

This fantastic resource from our friends at Independent Collective Of Survivors has been lightly adapted by ACON.

* Do I really want to share my story or am I feeling that I should?
* Is it safe for me to share my story?
* Am I comfortable in being out about being LGBTQ+?
* Do I want to change potentially identifiable information about me, such as my gender, age, sexual orientation etc?
* Are there any ongoing risks posed by the person who abused me?
* Are there people in my life who need to be aware of my decision to tell my story publicly?
* How might my children or family feel about my decision to speak out? What might the impacts of this decision be for them?
* How might my community feel about and react to my decision to speak out? How might the community’s response impact me?
* What would happen if someone I know, who doesn’t already know I experienced sexual violence, sees my story?
* What if my children, boss, colleagues or family members found out this way about my experiences?
* What if I am triggered while I am telling my story?
* What if someone reacts negatively or judgementally to my story?
* What if I’m not happy with how my story is responded to?
* How will I manage the emotions associated with sharing my story publicly?
* What information am I ready to share and what information do I want to keep private?
* Am I involved in any ongoing legal proceedings that may be jeopardised by speaking out publicly?
* Are there any potential legal consequences from sharing my story?
* Do I want to use my real name or a fake name to protect my privacy?
* What supports do I have in place while I am doing this work?