



EDIN Speaker's Bureau Second Thoughts and After Your Talk

SECOND THOUGHTS

- If preparing for this talk brings up uncomfortable feelings, fears or questions, please seek out help and support.
- We encourage everyone to share their story with their therapist, if they are currently seeing one. Or if not, ask a supportive friend or family member to listen to your story.
- If you are having strong second thoughts or feeling too overwhelmed, you may not be ready to do this yet—and THAT'S OK. Part of getting better means knowing when to say NO, and putting your own needs first!

AFTER YOUR TALK

Benefits of Speaking:

- You may feel tremendous relief and pride that you shared something that you once felt was shameful.
- Your bravery in speaking may increase your confidence in your recovery
- You may receive lots of hugs and support from people in the audience.
- You may feel gratified at helping others.
- You may find that people who are struggling seek you out to share their problems or seek advice. (Please remember your job is to encourage them to reach out for help. Refer them to EDIN so we can help them find a professional to assist them)

Risks of Speaking:

- You may feel exposed and vulnerable after revealing something so personal about yourself.
- You may worry that you said too much, said the wrong thing or didn't express yourself well (that's the "perfectionism" talking!)

All of these feelings are normal. If they become overwhelming or are causing you anxiety or regret, seek out help from your counselor or contact us and we'll help you find a therapist.

If you would like some one-on-one assistance with preparing for this talk or dealing with the feelings around speaking publicly, please contact Sarah Pannell, EDIN's Executive Director at sarah@myedin.org.

It takes a lot of courage to share your story! It can make a huge difference, even save a life. Thank you for being brave and sharing your story!