

# STORY OF SELF

## My Boundaries

### Stories are really powerful!

Storytelling is central to campaigning as it can get new people involved, promote your message, and challenge dominant narratives in culture.

### But like anything powerful, we need to do it mindfully

Planning our stories well can help prevent us from reinforcing negative stereotypes and/or hurting ourselves, other people, or the campaign goal.

### The boundaries diagram

This tool will help us be in control of what we share so we can look after ourselves whilst telling empowering and politically-useful stories.

The inner circle is the full story, including the things that you would only want yourself to know.

This might include very personal or emotional details.

The middle circle is the level of detail you are happy sharing with people you trust. This might include friends or your campaigning group.

The outer circle is the carefully picked details that you don't mind the world knowing. You might use this in interviews, social media, or other parts of your campaign strategy.

**Fill in the diagram, noting which bits of your story you would be comfortable sharing with each audience.**

