Instructions: Use My Story in a Complaint or Submission

This is your story. You choose what to say, and how to say it.

This toolkit helps you tell your story in a way that systems can hear — like for a complaint, report, or hearing. You can fill out the form on your own or with support.

What's in the Toolkit

- A **symbolic form** to help you tell your story
- Clear **headings** to guide you, like:
 - What happened
 - What I wanted
 - o What was said or done
 - How I felt
 - What I want now

How to Use It

- **Start anywhere** not at the top if you don't want to.
- Use your own words short or long is okay.
- Skip what you don't want to say you're in charge.
- You can ask for help from a support person or advocate.
- You can type, write, draw, or speak your voice matters.

You Don't Have To:

- Tell every detail
- Use fancy words
- Be "official"
- Explain everything

Tips for Filling It Out

- It's okay to pause or take breaks
- You can share the form with someone you trust
- You can submit it to a service, use it in a complaint, or just keep it for yourself

Graph Safety and Consent

Only share your story if and when you want to.
Ask someone you trust to read it over with you, if needed.

You are the author. This is your record. This is your voice.

What Happened

"What do you want them to know about your experience?" Space for event description



"This is what happened to me.

"I want to explain what I went through."
Here's what I remember about that
time.



③ What I Wanted or Asked For

"What were you hoping for or needing?" Space for expectation/need

© What I Needed



"I wanted to be treated fairly."

"I needed support or understanding."

"This is what I asked for, or hoped they would do."

Space for impact moment

WHAT WAS SAID OR DONE



What Hurt or Felt Wrong

- This is what they said or did that hurt me
- What happened here felt really wrong.
- This is where I felt ignored or disrespected.

₩ How It Made Me Feel

"What was the emotional effect? What stayed with you?" Space for feelings, reflections



What Stayed With Me



- It left me feeling sad, hurt, or confused.
- These feelings stayed with me afterward.
- This is how it affected me emotionally.

What I Want Now

"What would help? What outcome or repair are you asking for?" Space for resolution or next steps



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What Would Help Me Heal

"Here's what would help me now."

Consent and Sharing

- ullet "I wrote this myself" \square
- ullet "I had help from someone" \square
- "You can share this with..." [name/org]
- ullet "Please don't share this without asking me first" \square

How I Want My Story Shared



- ☐ I wrote this myself.
- ☐ I had help from someone.

You can share this with...

Please don't share this without asking me first.