WHOSE STORY DO YOU HOLD?

Name:

This person loves to...

This person laughs when...

An ideal day is...

What I love most about them...

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INSTRUCTIONS

- Get in a group of no more than 3 people.
- Agree on <u>one</u> person you care about to focus on for this activity.
- Now, pretend like you are putting this person on a dating website. (If they are a minor, you can imagine you are introducing them to a play group in the community.)
- Fill out the answers keeping in mind your vision and the positive filter you will use.
- Watch your language. What are words you use that are attractors? What are distractor words to avoid? What words are repellers?
- Imagine a life where this person is known for these things, the things you love about them, not their disability label!

_____'S STORY

Looking for...

Think: how do they want to spend their time? What do they want in a partnership? Don't just list personality traits.

Best Qualities

Think: passions, gifts, strengths

1.

2.

3.

4.

Offers...

Think: What does this person bring to a relationship? Think creatively. Create a little intrigue!

Life Goals

Where are they heading in life? Avoid cliches like "to be a good person", dig deep!!

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FILTER + VISION

Filter

What are you deciding NOT to include?
What attractor words are you using?

Context

Who are you telling this story to? Where are you telling this story? Who else might also see it?

Vision

What is your goal by sharing this story? What do you hope will happen next, once people see it?

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WORD GAME
INSTRUCTIONS

1. Bring this handout to the next meeting or activity you do where you know stories will be shared.
2. Agree with your colleagues to keep track of some of the words being used in the meeting, and plan to have an open discussion about what you noticed.
    a. If you don't feel comfortable doing this as a team, consider finding stories online and using this worksheet as you read or watch the story.
3. Listen throughout the meeting for the words being used.
4. Put a check mark in the column next to NOT LIKE ME or LIKE ME depending on if the word is a DISTRACTOR / REPELLER or ATTRACTOR.
5. Jot down the word to keep track of what language stands out to you the most.
6. Share back with your colleagues some of the language you picked up and discuss!
7. Remember, this is about practicing awareness and making a commitment to shift together, not to get anyone in trouble!
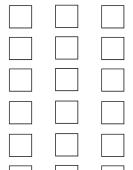
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WORD GAME

Attractor Words

Repeller/Distractor Words

Just Like Me

☐ ☐ ☐
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Not Like Me

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