**BlackBearBrothers.com — HOW IT WORKS: Share Outline**

**SHARE YOUR STORY — A GUIDE FOR THOSE READY TO HELP OTHERS**

If you're ready to share your story with another alcoholic or addict, but aren't sure what to say or how to begin — you're not alone. Use this worksheet to reflect and organize your experience. What you share might be the hope someone else desperately needs.

**1. My Story: Before Recovery**

**What led me into addiction?**

**What was my lowest point?**

**2. My Turning Point**

**What made me realize I needed help?**

**What did I feel, think, or experience that pushed me toward recovery?**

**3. My Recovery Journey**

**What steps did I take to get sober and stay sober?**

**Who or what helped me along the way?**

**4. My Experience at Black Bear Lodge**

**What brought me to Black Bear Lodge?**

**What was my experience like there? How did it impact my recovery?**

**5. Books, Therapies, and Tools That Helped**

**What books, recovery tools, or therapeutic approaches were critical to my sobriety?**  
(Examples: The Big Book, DBT, EMDR, breathwork, journaling, etc.)

**6. My Life Now**

**How is my life different today?**

**What do I do today to maintain my sobriety?**

**7. Codependence & Emotional Healing**

**Codependence** is a pattern where a person becomes overly reliant on others for approval or a sense of identity — often prioritizing others’ needs over their own. For many addicts, codependence either fuels addiction or develops alongside it. Healing from it is often essential to long-term recovery.

**Did I explore my own codependent patterns?**

**How did I work on healing from codependence (if at all)?**  
(Examples: therapy, boundaries, inner child work, Al-Anon, CODA, etc.)

**Pointers for Sharing**

* Speak **from the heart** — be honest and real.
* Keep the focus on **your experience**.
* Highlight **hope** and **what’s possible** in recovery.
* **Don't glorify** the past — keep it helpful.
* Set **boundaries** — share only what you're comfortable sharing.