Survivor Storytellers

Storytelling Tips

The universal is in the details!

What makes a great story? **Connection!** And when it comes to helping people connect with your words or story, you can do that through including details that show universal experiences. Someone may not have experience surviving domestic abuse and violence, trafficking, or exploitation, but they **will** have experience with loneliness, injustice, fear, stress, love, hope, triumph, and lots of the many, many feelings you may be writing about.

Some ways in which your audience might be able to relate to you story include:

1. Loneliness
2. Hopelessness
3. Hope
4. Resilience
5. Acts of defiance
6. Violence
7. Grief
8. Anger
9. Sadness or depression
10. Fear
11. Pain
12. Love
13. Being cared for/caring for another
14. Dreams and desires
15. Friendships, relationships, parents, children, siblings
16. Car breakdowns
17. Not being able to pay a bill
18. Addiction
19. Embarrassment
20. Resourcefulness
21. Hunger
22. Visiting the hospital
23. Insomnia or sleep deprivation
24. Anxiety
25. Financial distress or poverty
26. Humiliation
27. Isolation
28. Confusion
29. Being lied to or coerced
30. Trusting someone (rightly or wrongly)
31. Frustration
32. Being lost
33. Being monitored or surveilled
34. Loss
35. Safety or privacy
36. Joy
37. Vulnerability
38. Being swept off your feet; romance
39. Illness; vulnerability
40. Exhaustion & overwhelm

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Try identifying a few of the universal experiences from the previous page and write a bit about a moment from **your story** that could make your reader connect with that **universal** experience. For example: A short story in which a kiddo falls from their bike and breaks their arm a mile away from home might demonstrate the universal experiences of pain, fear, needing help, missing home, etc.

The **universal** experience/feeling I can relate to is: _____

My story includes that experience/feeling in the following moment:

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