One of the most powerful ways we can help another person is by telling our story or giving our testimony to what God had done in and through our recovery program. It is important that we become comfortable with telling our story. This can allow our story to have a greater impact on the other person, possibly changing his or her life.

In this exercise, we write our story. It will likely include topics such as:

* Any trauma in childhood
* Our struggles with sexual purity, drugs, or alcohol
* Our redemption through Jesus Christ, or
* Our newfound life in recovery.

To be effective, our story needs to be concise. Focus on the highlights, not the minutia. For most of the times we tell our story, we can think of “the elevator speech”.

NOTE: Of course, if we are having a prolonged discussion with a friend, we can add more details in the discussion following the telling of our more concise story. Get through the story first!

When finished, make a list of the names of people with whom we will give our testimony. Include non-recovery friends and family.

**My Testimony**