

# The Power of Sharing Your Story

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## Navigating Identity Exercise

Often times when sharing your story, you will be asked to talk about yourself and use words that define your experience. To practice, write a sample biography in the space below without using the following words:

- Foster care
- Court ward
- Child welfare
- System
- Adopted
- Parents
- Child abuse
- Child neglect
- Alumni
- Trauma
- Aged out
- Homeless
- Hopeless

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