

Leading the Conversation
1-Minute Message
Worksheet



If you are anxious about speaking out against dangerous gun bills at the legislature or with members of your faith community, work colleagues or family, there is an equation that works every time.

1. Personal experience: why do you care enough to be here today?

I have children (grandchildren/nephews and nieces)/ I'm a teacher/ I work with children and I think about what would happen if...

- there was a shooting at their school,
- they found a gun at a friend's house or car,
- if they were ever depressed and had a suicidal impulse

I'm a health care provider and I have seen...

I work with the mentally ill/ I have family members who struggle with mental illness and...

I personally struggle with depression/ People I love struggle with depression and...

I am afraid to go outside in my neighborhood/ I hear gun shots in my neighborhood/ My neighbor was shot...

I'm a hunter/ I come from a hunting family/ I am a veteran/ I teach fire arms safety...

I have been a victim of violence/ Someone I love was a victim of violence...

Some of my co-workers talk about guns/ are very angry people/ don't seem very well balanced...

When I'm in a big crowd I think about...

I am a pastor/ priest/ rabbi/ person of faith and...

My personal experience _____

2. Feeling words about gun violence

alarmed	depressed	fearful	heartbroken	panicky	threatened
angry	despairing	frightened	incensed	paralyzed	unbelieving
anguished	disappointed	frustrated	infuriated	powerless	upset
anxious	dismayed	fuming	lost	scared	victimized
appalled	distressed	furious	mournful	sorrowful	vulnerable
concerned	enraged	grief-stricken	nervous	terrified	worried

My feeling words: _____

3. **Fact** Whatever fact about gun violence or related issue you want to address.

4. **Reason**

Why do you feel the way you do? _____

NOW do the “math”

EQUATION

Personal experience +
feeling +
fact +
reason =
your 1-minute message

Your 1– minute message

Personal experience

As *[someone who]* _____

Feeling

I am _____

Fact about gun violence or related issue

about _____

Why

because _____

Practice saying your 1-minute message until you can say it easily by memory.