

✨ **Storytelling for Good: The Light Switch Method™**

Created by **Karen Krejcha, Spectrum of Voices™**

In partnership with **Autism Empowerment & AE's Neurodivergent Creators Collective**

✨ **Before You Begin — A Note on Love & Legacy**

At the heart of the Light Switch Method™ is a simple truth:

Love is our legacy.

Every act of compassion, every moment of courage, every story shared with honesty and care plants a seed that continues long after the moment has passed.

When you move through LIGHT — **Listen → Identify → Give → Honor → Transform** — you are practicing a form of love:

- ✨ Love for yourself
- ✨ Love for your story (and characters you create within your stories)
- ✨ Love for your boundaries
- ✨ Love for your growth
- ✨ Love for your community
- ✨ Love for the world you're shaping

Your story doesn't have to be perfect.
Your voice doesn't have to be loud.
Your journey doesn't have to be linear.

**Your light — and your love — make an impact.
And that becomes your legacy.**

1. What is “Storytelling for Good”?

Storytelling for Good is the practice of using your personal experiences, creativity, and voice to bring hope, connection, and positive change into the world.

It's storytelling with a purpose — rooted in compassion, courage, and authenticity.

2. What is the Light Switch Method™?

The Light Switch Method™ is a 5-step framework:

L – Listen
I – Identify
G – Give
H – Honor
T – Transform

It helps you understand your story more deeply and share it in a way that inspires healing and connection.

3. Is this only for writers or filmmakers?

No! This method works for:

- ✦ Writers
- ✦ Actors
- ✦ Filmmakers
- ✦ Musicians
- ✦ Artists
- ✦ Advocates
- ✦ Podcasters
- ✦ Anyone who wants to understand or share their personal story or create content with characters who share their stories.

And it also works for people who aren't "creatives" at all — just humans wanting growth.

4. What if I'm shy or nervous about sharing?

That's completely okay.

You don't have to share anything you're not ready to.

Just listening and reflecting is participation — and it counts.

You can also share privately with yourself:

- journaling
- drawing
- voice-to-text notes
- talking to a trusted friend
- praying or meditating
- telling your story through characters instead of yourself

Your pace is honored.

5. What if my story is painful or traumatic?

You never have to reveal painful details.

Honor your boundaries.

Share what feels safe and helpful.

If emotions come up, that is normal and human — take breaks, breathe, or step away and return later.

You don't have to heal all at once.

L.I.G.H.T. is a gentle framework, not a pressure system.

6. What if I don't know where to begin?

Start with ONE of these:

- ✓ A feeling
- ✓ A question
- ✓ A moment
- ✓ A memory
- ✓ A character
- ✓ A sentence
- ✓ A theme
- ✓ An image
- ✓ A tiny spark of curiosity

Stories don't start big — they start small.

7. What if my story isn't "important enough"?

Your story **is** important — because **you** are important. There has never been another person with your exact perspective. You've been placed on this earth for a purpose. Your lived experience matters, and someone else may need your story more than you know.

8. Do I have to use the whole LIGHT Method™ — and in order?

You *can* use one or two steps on their own if that's what you have capacity for in the moment — and that's okay. Any step toward light is still helpful.

But the method works *best* when you move through **all five steps in order**:

1. **Listen** – You pause and notice what's really going on.
2. **Identify** – You name the deeper truth or theme.
3. **Give** – You decide what part of the story you're willing to share.
4. **Honor** – You set boundaries and protect yourself and others.
5. **Transform** – You look at how this story can create change or healing.

When you go in order, you're less likely to:

- skip over your own needs
- share too much too fast
- bypass important feelings
- rush to “transformation” before you're ready

Moving through all five steps gently and in sequence helps you come into **full LIGHT** — with more safety, clarity, and compassion for yourself and others.

9. How can I use this in my creative work?

Try applying **L.I.G.H.T.** to:



A short film



A character arc



A podcast episode



A personal essay



A song



A painting or comic



An advocacy message

LIGHT helps you discover the deeper meaning and share your story with intention.

10. How can I use this in everyday life?

L.I.G.H.T. can help you:

- Understand a challenging moment
- Navigate conflict with compassion
- Reflect before reacting
- Build healthier communication
- Find meaning in your experiences
- Grow in your identity and purpose
- Increase your spiritual faith

This is a life framework, not only a creative one.

12. What does “Love Is Our Legacy” mean — and how does it connect to LIGHT?

“Love Is Our Legacy” is the heart behind the Light Switch Method™.

It's the belief that **every story told with compassion plants a seed that outlives us.**

Love is the power source behind the entire LIGHT process:

- ✦ **We LISTEN** with love — giving presence instead of pressure.
- ✦ **We IDENTIFY** truth with love — seeing ourselves with kindness.
- ✦ **We GIVE** with love — sharing stories that uplift and connect.
- ✦ **We HONOR** with love — protecting sacred worth and boundaries.
- ✦ **We TRANSFORM** through love — allowing healing, hope, and courage to take root.

When you use LIGHT with love, you don't just change a story.
You change a **life** — sometimes your own, sometimes someone else's.

“Love Is Our Legacy” means:

- We create from kindness, not fear
- We build connection instead of division
- We leave something good behind
- We shine our light in ways that help others shine theirs
- We remember that even the smallest act of love can ripple outward

Love is what remains long after the story is told, the workshop ends, the video fades, or the page closes.

Your legacy is not measured in achievements — your legacy is measured in love.

And that is the heart of Storytelling for Good.

13. What if I want more help applying LIGHT to my story?

You are welcome to:

- ✦ Practice using the worksheets in our handout packet.
- ✦ Rewatch the session on YouTube
- ✦ Share your reflections in the AE-NCC Facebook group
- ✦ Attend future AE-NCC workshops.

Let us know what kind of support you are looking for, as we will be developing new resources in the future. This is a community — you're not alone.

14. Who created the Light Switch Method™?

The Light Switch Method™ was created by **Karen Krejcha**, founder of **Spectrum of Voices™** and co-founder of **Autism Empowerment**.

It is copyright-protected and used with permission by Autism Empowerment and AE's Neurodivergent Creators Collective (AE-NCC).

15. May I please share these worksheets with others?

Yes — with credit.

You are welcome to share the LIGHT worksheets for **personal, nonprofit, or educational use** as long as you include attribution: © 2025 Karen Krejcha · Spectrum of Voices™.

Spectrum of Voices will be developing additional content and training materials in the future for Autism Empowerment and the AE-NCC. We are also creating a website which will go live in 2026. We invite you to visit us then at www.spectrumofvoices.com.

To keep in touch and learn when we launch, please make sure you are an AE-NCC member and have joined our mailing list. Thank you!