

Defending a Ghost Speech Outline

Open

Questions about emotions i.e.

Have you ever been happy, excited, nervous, sad, alone, upset?

Explaining to the audience that of course you experienced these emotions because everyone has these emotions

Then Narrow it down to: depressed, alone, and suicidal.

Introduction

I introduce myself, give a little background information on where I'm from and setting up the story of my family and my father passing away.

Reading

I tell a story of how one of my friends couldn't really picture being that down and I read these words to get everyone in the mind set of trying to understand the feeling of wanting to die.

It's entitled the Diary of the Amputated Soul (Depending on whether or not there is time)

Story

Going through my father's death

The week after being a blur

Hating the funeral (wanting to Punch someone)

So called Normal?

The promise to my father

Basketball being the most important thing (Control)

Realizing that I get angry when I'm away from the court (connection)

My Anger driven actions and my drinking

Starting to get angry lawn mowing, groceries, isolating, red hair

Drinking dry gin, waking up in someone's else clothes

My mom catching me drinking and threatening treatment

My Best Friend

The background story Our B-days being the same

His dad died, so did mine

The day he died

His funeral, being 17 and burying both my father and him

Lost soul

The worst night of my life

Basketball fight

The fight with my mom
My room and the picture
Not knowing how to fix things

The Teacher who turned things around
The story about a lost basketball game
The library talk

Repairing things with my family
Flight to London
Asking her to come to my first game
Keeping my promise to my father
Greatest minute and twenty six seconds of my life

Three Things to Remember

There is beginning, middle, and end to every relationship
Can't drag our past into the next relationship
People will always give you a chance to go back to being angry (how to handle that)
A story with a woman who gave me a choice go back to my old ways or prove to myself how far I've come

My Closing and Questions from Students

Includes one last show of how we act out emotions (I don't want to talk about it) Embarrassment
Some words on encouragement about how we all go through emotions and I'm just one sharing how I got through my problems so when you are feeling all alone and no one has every felt like you, just remember there is one guy who has.
Leaving about ten minutes for questions

Everything included it can go as short as 30 minutes and as long as an hour. I'm also available for questions after, if someone has a question they want to ask me in private. I will stay and chat as long as needed afterward.

Defending a Ghost Speech Outline - Alternate

Opening

What is faith?

Not a man reading from the bible

Blind Man

Faith is bigger than life

Marriage and Faith/Divorce court

Basketball and Faith/Losing team

Faith in God Different/worldly objects need justification

Why people fall short is because they get hung up on the proof factor

God makes you better but it's not easy. It's the good and the bad, its emotions, trying to understand, it's everyday, and it's just life.

Introduction

June 14th, Faith youth choir, plays, drums, group

Youth lost at a childhood game

Afterward Mom prayed, I got angry

Same God

Funeral Sorry for your loss. Mom found comfort in prayer

I got steamed

Back Story

Growing up in a cool family

Dad being sick, getting to know him

Stupid advice he gave

What Kind of a God is that?

Last words to my father

Next Three years

Me-basketball, red hair, lawn mower, choirs, anger, lonely thoughts, grieving, depression, and alcohol

Mom-church, b-ball camps, phone calls to my sister after blow ups, saying prayer for me

Senior year starting

Basketball great (control)

Alcohol increased from thoughts that were really controlling

17th b-day drunken night finally caught

Mom no reaction but threatens rehab

She had me

Best Friend

Best friend story, twins and both our dads dying
Me- basketball felt weird, skin didn't sit right, still needed to keep promise (time bomb)
Mom prayed for Eric's family, my friends and me
God's plan and we are going to find a way to comfort, like it or not
Faith this, Faith that
Doesn't give in (Bunny)
Mom-Crazy
Me-Strong
God caused the problems

Worst Night

Practice
Mom Crying
Dad wouldn't want to see this
Ever Since dad died
I wish it was you (the fight)
Afterward Me destroyed room all alone (caught what I wanted)
Mom-drove around praying for me (feat of strength)
I have a problem

Teacher

Game
Library

London

Dad when he was younger
Angry about Dad, missed him
Grieved together
Asked about God
Blessed me for 25 years
Good and Bad, deal with both

College Game

1:26 Mom was there
Yes Mom and I still talk once a week to this day

Closing

He's there in all the emotions (it's okay to be angry, it's what we do)
Believe and faith strong; alone weak
You looking for proof, there's a 5'4" women in Orwell, Ohio who is living proof.

Also give about ten minutes for questions after. I also hang out for anyone who wants to ask a question that they can't ask in front of everyone I will stay around for that as well.