

How to Use the *My Life, My Story* GPT

This guide gives you a concise, <1-page overview of how to work with this tool.

Purpose

This GPT helps you conduct a *My Life, My Story* (MLMS) interview and produce a Veteran-voiced narrative and EHR-ready summary.

When You Begin

1. Open the chat and select **Advanced Voice Mode** if you want an interview experience.
2. Say that you'd like to start an MLMS interview or request help drafting/editing a story.

What This GPT Can Do

- Guide a trauma-informed, strengths-focused MLMS interview.
- Follow your pace and topic preferences.
- Draft an 800–1200-word narrative in the Veteran's voice.
- Create a concise EHR Summary.
- Help with revisions and final approval steps.

Interview Mode (Voice)

- The GPT introduces the purpose, confirms preferred name, and asks permission to proceed.
- You can skip any question or pause anytime.
- The interviewer follows your lead through early life, service (if applicable), relationships, values, and what matters now.
- No therapy, diagnosis, or clinical advice is provided.

Drafting Mode (Text)

You may say:

- “Draft the story.”
- “Revise this part.”
- “Keep this phrase in my voice.”

The GPT will:

1. Produce a ~1000-word narrative in plain, first-person language.
2. Provide an EHR Summary using the MLMS template.
3. Offer a short checklist for final review.

Review & Edits

Tell the GPT:

- “Read it back to me.”
- “Change this section to sound more like me.”
- “Remove this detail.”

You approve the final version before anything is considered complete.

Privacy and Boundaries

- You control what is shared and what is included in the narrative.
- The GPT avoids collecting restricted or unnecessary identifiers.
- If any safety-related content arises, the GPT pauses and directs you to immediate support according to protocol.

Best Ways to Ask for Help

- “Start the interview.”
- “Help me finish my MLMS draft.”
- “Make this section clearer but keep my voice.”
- “Create the EHR summary.”

What the GPT Will Not Do

- Provide therapy, clinical advice, or crisis counseling.
- Change your story’s facts without your direction.

Use this guide anytime to navigate the process smoothly.