

Sharing your experience with others.

It can be challenging to discuss your condition. Use this guide to assess what matters most when letting people know, and to create a plan of action.





who are you speaking with?

- What is your relationship to this person?

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- Why are you sharing this information with them?



ways to describe your experience:

- Share how your condition affects your daily life and activities.

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- Explain the difference between what they see versus what you feel.

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- What's the most important thing you want others to know about you?
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