

30 Things About My PSC You May Not Know

Answer these questions based on your personal experiences with PSC, as a patient, caregiver, or friend or relative. When complete share with your friends, family, colleagues, and social media network!

1. The illness(es) I live with is:
2. I was diagnosed in the year:
3. But I had symptoms since:
4. The biggest adjustment I've had to make is:
5. Most people assume:
6. The hardest part about mornings are:
7. My favorite medical TV show is:
8. A gadget I couldn't live without is:
9. The hardest part about nights are:
10. Each day I take:
11. Regarding alternative treatments, I:

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12. If I had to choose between an invisible illness or visible I would choose:
13. Regarding working and career:
14. People would be surprised to know:
15. The hardest thing to accept about my new reality has been:
16. Something I never thought I could do with my illness that I did was:
17. The commercials about my illness:
18. Something I really miss doing since I was diagnosed is:
19. It was really hard to have to give up:
20. A new hobby I have taken up since my diagnosis is:
21. If I could have one day of feeling normal again I would:
22. My illness has taught me:
23. Want to know a secret? One thing people say that gets under my skin is:
24. But I love it when people:

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25. My favorite motto, scripture, quote that gets me through tough times is:
26. When someone is diagnosed I'd like to tell them:
27. Something that has surprised me about living with an illness is:
28. The nicest thing someone did for me when I wasn't feeling well was:
29. I'm involved with [PSC Awareness Week](#) because:
30. The fact that you read this list makes me feel:

Adapted from the Article "[30 Things About My Invisible Illness You May Not Know](#)" by Christine Miserandino, published on <https://butyoudontlooksick.com/>.