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:
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:
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/.