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!

# The illness(es) I live with is:

# I was diagnosed in the year:

# But I had symptoms since:

# The biggest adjustment I’ve had to make is:

# Most people assume:

# The hardest part about mornings are:

# My favorite medical TV show is:

# A gadget I couldn’t live without is:

# The hardest part about nights are:

# Each day I take:

# Regarding alternative treatments, I:

# If I had to choose between an invisible illness or visible I would choose:

# Regarding working and career:

# People would be surprised to know:

# The hardest thing to accept about my new reality has been:

# Something I never thought I could do with my illness that I did was:

# The commercials about my illness:

# Something I really miss doing since I was diagnosed is:

# It was really hard to have to give up:

# A new hobby I have taken up since my diagnosis is:

# If I could have one day of feeling normal again I would:

# My illness has taught me:

# Want to know a secret? One thing people say that gets under my skin is:

# But I love it when people:

# My favorite motto, scripture, quote that gets me through tough times is:

# When someone is diagnosed I’d like to tell them:

# Something that has surprised me about living with an illness is:

# The nicest thing someone did for me when I wasn’t feeling well was:

# I’m involved with [PSC Awareness Week](http://pscpartners.org/awareness-week) because:

# The fact that you read this list makes me feel:

*Adapted from the Article “*[*30 Things About My Invisible Illness You May Not Know*](https://butyoudontlooksick.com/articles/written-by-christine/30_things/)*“ by Christine Miserandino, published on* [*https://butyoudontlooksick.com/*](https://butyoudontlooksick.com/)*.*