

# Deciding and Telling About Your Health Condition Worksheet

## 1. Who you will tell?

| WHO MIGHT I TELL? | WHY THIS PERSON? | PROS AND CONS OF TELLING THIS PERSON? | WHEN SHOULD I TELL? | WHO CAN SUPPORT ME |
|-------------------|------------------|---------------------------------------|---------------------|--------------------|
|                   |                  |                                       |                     |                    |
|                   |                  |                                       |                     |                    |
|                   |                  |                                       |                     |                    |

## 2. What will I say?

## 3. What pictures or other tools can I use to help me explain my health condition?

## 4. People may have all different responses after you tell them about your health condition. How will you respond?

| HOW DO I THINK THE PERSON WILL RESPOND ONCE I TELL HIM/HER? | WHAT WILL MY COPING RESPONSE BE?  |
|---|---|
| Example 1: Calmness, listening, expressing understanding    | Thank the person for listening to me  |
| Example 2: Change the subject or walk away                  | Stay calm, take a couple deep breaths, talk to a good friend, listen to music |
|   |   |
|   |   |

*This worksheet can help you think through who you might tell, and practice what and how to share about your health condition.*



## 5. Who can help me practice what to say and how to respond?

Adapted from Deciding and Telling about HIV Worksheet from "A Guideline of Care on Understanding and Talking about HIV" co-authored by Patti Brandt, ARNP, PhD, Jean Popalisky MN, RN, Gail Watts, MSN, LICSW.