



EXPLAINING THE INVISIBLE

A conversation guide for CHRONIC ILLNESS



Talking about chronic illness can be hard—especially when you're trying to explain something you barely have words for yourself. This guide gives you simple ways to begin honest conversations with the people you love.

You don't have to explain everything at once.

Choose the relationship or situation that matters today, and begin there.

HOW TO USE THIS GUIDE



Choose the person you want to talk with.



Pick one or two prompts that fit.



Change the wording to sound more like you.



Pause when you need to. Connection matters most.



Some prompts are things you might say. Others are questions you can talk through together.

