



WESTERN NEUROPATHY ASSOCIATION

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Talk Openly With Your Family and Friends

Describing your physical health and emotional state to your family and friends can be difficult. An invisible illness with no outward physical expression will be a challenge for them to understand. The resources below can help you with new terminology to explain your neuropathy journey to those who you care about – and who care about you.

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- [How Do I Describe What I Have](#)
 - [Understanding the Impact of Invisible Illnesses on Daily Life](#)
 - [Invisible Disability of Chemotherapy Induced Peripheral Neuropathy](#)
 - [Spoon Theory](#)
 - [Tightrope Theory](#)

[Form for “Explaining my Diagnosis to Family and Friends”](#)

Use this form to prepare for a discussion with family and friends. Writing out the words will clarify your situation and feelings so that you best express your new situation. Included here are examples for each section:

Symptoms: Tingling, burning, pain, numbness, fatigue, muscle cramps

Ways it affects me: walking, energy, difficulty with day-to-day activities

Treatments: Medication, acupuncture, diet changes, exercise

Diagnosis feeling: scared, angry, hopeless, hopeful

Ways to help: errands, appointments, around the house, emotional support, patience
