

JOURNALING WORKSHEET:

Asking for Help



Asking for help with myasthenia gravis (MG) can be difficult. When someone has an “invisible illness” – where they’re sick but don’t “look” ill – it may be harder for other people to understand their need for assistance. However, asking for help is nothing to be ashamed of.

Below are five questions that may help you get your thoughts flowing when it comes to asking for support. On page two, you’ll find our ‘Celebrate Yourself’ section that highlights the great things you bring to the table and may even empower you to ask for help when you feel ready.

Questions to Ask Yourself

1. In the article *Removing the Stigma: Asking for Help with an “Invisible Illness,”* Leah, who lives with MG, shares how she can feel judged when using the disability placard for her car while appearing healthy on the outside. Have you ever experienced something similar?

2. Through the lens of MG and invisible illness, what do you not like about asking for help? Why? Now, think about how this differs when asking friends, your family, and your healthcare team.



Celebrate Yourself

You've answered a lot of meaningful questions. Now, let's reflect upon the positive. Here are some prompts, don't spend too much time on them, simply write what first comes to mind. Then, save this worksheet and look back on your answers to remind yourself that asking for help and offering help can be equally rewarding.

1. What are some qualities your friends and family like about you?

2. What do you like about yourself?

3. What are some ways you've helped your friends or family members?

4. What are some small things you might ask someone for help with?

3. When was the last time you asked for help in relation to your MG? How did it make you feel?

TIP: Consider how you ask for help in the context of working with your healthcare team.

4. When was a time you needed help but didn't ask? What stopped you?

5. Have you ever missed an opportunity to help someone in the past? What would you change about that situation?

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