



DISCUSSION GUIDE:

Setting Social Boundaries While Living with Myasthenia Gravis

At times, social activities might feel challenging when you're living with myasthenia gravis (MG)—but communicating boundaries may help. Think of these boundaries as personalized guidelines for yourself that may support your friendships, relationships and social interactions.

This discussion guide is specifically designed to help you set and share your social boundaries related to MG. Consider the tips below for figuring out what those boundaries may look like for you, as well as how to talk about them with friends and family. Then, put that communication to practice by writing responses to the sample scenarios on the following pages.

Tips for Identifying Your Social Boundaries

- Write down the key friendships, relationships and/or important social interactions you want to focus on and why
- Reflect on why you need boundaries
- Understand what helps you feel at ease when dealing with MG symptoms or a flare-up
- Think about past social situations when boundaries were not set, and consider how they could have gone smoother
- Ask yourself what you wish others—particularly those you thought of when writing down key relationships—knew about your MG



Tips for Communicating Your Social Boundaries

- Explain your needs in a direct, concise and respectful manner
- Be prepared to answer follow-up questions, as not everyone understands what living with MG entails
- Remain confident, remembering that you're bringing these boundaries up to help ensure mutual understanding
- Provide examples of how these boundaries help you
- Only go into as much detail as you're comfortable with

Fill Out Your Own Script to Jump-start Conversations

Use the sample scenarios and blank spaces below to practice communicating your social boundaries related to MG.



Your friends organize and invite you to a weekend getaway. You want to attend but have concerns about how the lengthy travel time and busy itinerary may affect your MG. How would you communicate your boundaries?



You're newly dating someone who likes to go out a lot and be active. While you enjoy joining them in such activities, you're worried about overexerting yourself and potentially experiencing an MG flare-up. How would you communicate your boundaries?



You just led a successful meeting at work and your colleagues have invited you out to a happy hour. You want to network with your co-workers but are wary of how much energy you'll have left to socialize, as you already feel fatigued from your MG and a full day of work. How would you communicate your boundaries?



You're asked to stand in a family member's wedding. You're honored to do so but may not feel up to all the tasks involved for each event, due to potential challenges with your MG. How would you communicate your boundaries?
