

MY BIG PICTURE

Get to Know Where I'm Coming From

MY NAME: _____

MY ILLNESS(ES): _____

HOW TO USE THIS

Share this with your health care team and your inner crew, so they know how you want to engage in your illness journey.

MY UNDERSTANDING IS THAT MY ILLNESS(ES):

Circle the answer most true to you

- | | | | |
|--|-----|----|----------|
| • Cannot be cured (chronic) | Yes | No | Not Sure |
| • Will likely worsen over time (progressive) | Yes | No | Not Sure |
| • Will likely shorten my life expectancy (life-limiting) | Yes | No | Not Sure |

KEY MEMBERS OF MY INNER CREW: NAMES AND CONTACT INFO

Caregiver(s): _____

Illness Manager(s): _____

Substitute Decision Maker(s): _____

Other Key Members: _____

WALK TWO ROADS

Circle all statements that best represent you:

- a. It is important for me to have hope.
- b. I want to get realistic information about my illness.
- c. I would like people to communicate with me openly.
- d. I am not ready for more information yet.
- e. Other: _____

ZOOM OUT

Circle all statements that best represent you:

- a. It is important for me to know the overall pattern of my illness.
- b. I want to know where I am at in my illness.
- c. I would like to be able to identify when I am entering the next stage of my illness.
- d. I want to understand the average life expectancy and general timeline of my illness.
- e. Other: _____

KNOW YOUR STYLE

My information seeking style:

Wait To Be Told (1) (2) (3) (4) Super Seeker

My planning into the future:

Day-to-Day (1) (2) (3) (4) Super Planner

How I like to have tender conversations:

Sugar Coated (1) (2) (3) (4) Straight Up

CUSTOMIZE YOUR ORDER

My priorities that guide me through my illness and decisions are:

- 1. _____
- 2. _____
- 3. _____
- 4. _____