

From Then to Now

Reflecting on Your Progress



Think about the time before you were on treatment. This is your time to reflect on the feelings you've experienced, and capture your thoughts as you start treatment.

The first symptom I ever noticed was: _____

It took _____ months/years before I was officially diagnosed.
(circle one)

When I was first diagnosed, I felt: _____

Some ways I tried to manage and live with my symptoms are: _____

Today, I am feeling: _____

One thing I am hopeful for with my new treatment is: _____
