National
Multiple Sclerosis
Society
Greater
Northwest
Chapter

MY STORY – MY MS CONNECTION

TITLE: _____

NAME: _____

Total Talk Time: 3 minutes 15 seconds

Who are you today? *Family. Friends. Where you live. Your community. Interests, employment, hobbies and activities. How do you see yourself in your life today?*	**What happened when you were diagnosed with multiple sclerosis?** *Give a little set-up about your initial diagnosis, your symptoms leading up to it and your resulting reaction. What resources did/didn't you seek out?*	**Explain some of the more challenging moments you experienced.** *What surprised you? What kinds of situations did you find challenging?*
Segment 1: *Personal Background* *Time: 1/2 minute*	*Segment 2:* *Diagnosis* *Time: 1/2 minute*	*Segment 3:* *How my expectations were challenged* *Time: 1/2 minute*

What has changed since your diagnosis? *What could you not have imagined, but has now occurred, since you have been living with MS? Have you had to adjust your life? How have you changed? How do you feel about those changes?*	**How has living with MS been a transforming experience?** *Talk about one situation or instance that really drives home the story of how your life, or how you feel about your life, is different now.*	**What is the main message you would like to leave your audience with?** *What have you have learned that you would like to pass on? Tell them! i.e. "What I would like to leave you with today, is...."*
Segment 4: *What has changed* *Time: 1/2 minute*	*Segment 5:* *Example/Story illustrating your change* *Time: 1 minute*	*Segment 6:* *Meaning* *Time: 15 seconds*