



National
Multiple Sclerosis
Society

Disclosure Decision Worksheet

Consider the pros and cons of disclosure in your personal situation:

| Why are you telling? | |
|-----------------------------------|--------------------------------|
| Anticipated Positive Consequences | Possible Negative Consequences |
| | |

| Whom are you telling? | |
|-----------------------------------|--------------------------------|
| Anticipated Positive Consequences | Possible Negative Consequences |
| | |

| How much are you telling? | |
|-----------------------------------|--------------------------------|
| Anticipated Positive Consequences | Possible Negative Consequences |
| | |

Bottom Line

Based on all of the above, the best alternative for me is:

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