



Identifying what's in your way

This document was developed in partnership with the PNH community and Leslie Thorpe, a professional health and wellness coach.

The PNH effect

Living with PNH can sometimes mean saying "no" more than you'd like — from career goals to activities that bring you joy.

So, how do you go from "no" to having a little more "yes" in your life? Identifying the barriers standing in your way can be a helpful step.

Five quick questions

1 Think of a moment where you want to say "yes" (ex: traveling). What barriers do you anticipate?

Example: I'm worried I won't enjoy the trip, because I won't feel well enough to participate.

2 What are 2-3 specific actions you can take to overcome these barriers?

Example: I'll talk with my doctor to work through a plan to manage my PNH before and while on vacation, confirm how to reach the doctor while away, and will travel with an empathetic and flexible friend in case plans need to change.

3

What personal strengths can you use to help address these barriers?

Example: I'm resourceful and organized. I'll develop a plan with my doctor and my friend so I'm "covered."

4

What can you reprioritize or delegate to further help?

Example: I can ask my friend to help me unpack so I can conserve my energy for our activities. I can arrange transportation in advance, so we don't need to walk.

5

What professional could you turn to for additional support?

Example: My doctor can be a helpful resource in thinking about how to better manage my symptoms.

REMEMBER!

Everyone faces barriers. The key to overcoming them is tapping into your personal strengths and working with others (including friends, family, and your doctor) to get creative. The life you deserve may be closer than it feels!



Leslie Thorpe was compensated by Apellis for the time required to develop this worksheet.