



# SHINE A LIGHT ON THE ROAD AHEAD

Take a minute to reflect on the questions below to see HS in a new light.



## LIGHTBULB MOMENT

- 1. Are you experiencing symptoms similar to HS?** Make a note or take a photo of any pimple-like breakouts, painful boils, or nodules in areas where skin rubs together.
- 2. How are you currently managing those symptoms?** Are those strategies working for you? If you're still wishing for relief from symptoms, it's possible that your approach may not be doing enough for you.
- 3. How do you picture your life with fewer HS symptoms?** If your symptoms started improving tomorrow, imagine what would change for you physically and emotionally.
- 4. What's keeping you from working toward that ideal?** Consider whether you're using phrases about living with HS that aren't helping you. If your mind is shutting down the possibility of relief from HS symptoms, it's time to reframe your thinking.

Fighting for the right diagnosis and seeking a helpful treatment can drain your motivation completely. Instead of giving up hope and thinking, *No one has helped me figure this out*, think, *no one has helped me figure this out YET*. There's power in the hope of "yet."

- 5. What's stopping you from talking to your dermatologist?** Sure, quickly scheduling an appointment with your dermatologist sounds easy. But going through a frustrating appointment can make it hard to look forward to the next one. Continue to pursue the answers you deserve and a treatment option that works for you.

**Notes:**