

Transition Exercise: Learn and Explain Your Health Condition

What is the name of my diagnosis?

How does this diagnosis affect my body?

How would you share this information with someone else, like a teacher or friend?

Write a letter to explain your diagnosis. What would be important for them to know?
Use your answers from above to help you write the letter.

Dear _____:

Thanks for understanding.

Sincerely,

Practice writing letters to teachers, friends, relatives or other people in your life who might ask you about your health condition.

