

# Asking for what you need



## Life with GPP

Generalized pustular psoriasis (GPP) is uncommon, so it can be difficult for others to understand what it's like to live with the disease. Explaining how it impacts you and how those around you can help isn't always easy, but directly asking for what you need can be a powerful way to take steps toward the life you want.



## Tips to consider

### ● Know your “ask”

Think about what support you may need and how the other person can specifically help. Consider writing down what you would like to change, using real examples from your everyday life. Are there specific emotions that are impacting your well-being? Activities you are no longer able to do? What would a better reality look like for you?

### ● Plan ahead

Map out simple steps that would need to happen to achieve your goal. Think of them as realistic “baby steps” you can easily take, not a magic wand. Who might you need to speak to? When would be a good time to have this conversation? What actions would you need to take following that conversation?

### ● Be direct

Clearly state your needs without apologizing. Have confidence that you deserve a better reality and that the people in your life — including your doctor — want that for you. Convey your “ask” directly, even if it may feel uncomfortable, so the other person knows how best to help. If you're struggling with how to start the conversation, try asking a simple question first, like, “What do you recommend to help with my pain?” Once you've established a good rapport, it may be easier to ask for something you need more directly.

### ● Be persistent

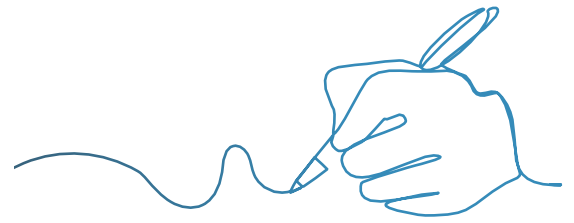
Sometimes, even with careful thought, things don't go as planned. If you come across an obstacle or a person who is not as helpful as you'd hoped, don't give up. Consider how you might approach that person again or if a different resource might be more supportive of your needs.



# Get started

The below questions can help you take the first steps.

When you imagine yourself feeling vibrant and living the life you want, what does that look like? To help answer this, consider:



**What parts of your life are you happy with?**

**Are there aspects of your reality that are important to you, but GPP is getting in the way?**

**What do you want to change?**

**Now think about who is important for this change to happen. Who are the key decision makers? Who could offer you support?**

Then, identify a few simple actions you could take as a next step. If you get stuck, try working backward from your goal. For example:



**Finally, consider what will happen if you hear “no” or run into an obstacle.** Who else could you turn to for support? Are there different steps you could take – or different people to approach – to help achieve your goal?

**Remember:** It’s not rude to ask for what you need. It’s just one small step towards the life you want!

