

DISCUSSION GUIDE:

Talking to Your Partner About Myasthenia Gravis



Whether you're the one living with myasthenia gravis (MG) or your partner is, this discussion guide may help you navigate your journey together. Consider setting regular check-ins on a cadence that works for you (weekly, monthly, etc.) and use the sample questions below to maximize each conversation. Then reference the second page for tips to keep check-ins productive and for space to take notes.

QUESTIONS TO ASK YOUR *MG Supporter*

- What are some things I can feasibly do to support you?
- What are some things we've accomplished recently that make you happy?
- How are you feeling about the extra responsibilities you've taken on to support me?
- What are some effective ways I've communicated my MG challenges to you?
- How can I better communicate ways you can support me when I'm symptomatic?
- What can we do to maximize our quality time together?
- What can we do to ensure you're getting enough time to yourself?
- What has helped us work well together in the past?

QUESTIONS TO ASK YOUR *Partner with MG*

- What are some things I can do to better support you?
- What are some things we've accomplished recently that make you happy?
- What are some ways I've supported you that are working well?
- What are some ways I've been trying to support you that aren't working or could be improved?
- How have your symptoms been affecting you lately?
- What can we do to maximize our quality time together?
- What can we do to ensure you're getting enough time to yourself?
- What has helped us work well together in the past?

Tips and Notes for Your Next Check-In

Check out the following tips to help keep your discussions constructive. Then, ask yourself: What were the biggest lessons from your most recent conversation? Is there anything you'd like to revisit? Write your thoughts below!

TIPS FOR A *Productive Check-In*

- ✓ Acknowledge and celebrate wins in addition to working through challenges
- ✓ Approach the conversation as a team working together
- ✓ Focus on qualities that have helped you work successfully together in the past



- ✓ Keep an open mind
- ✓ Be empathetic
- ✓ Give context to your statements (e.g., "Due to my MG symptoms this week, I need...")
- ✓ Ask follow-up questions if you need clarity on something your partner shares

Takeaways:

Important ground you and your partner covered

Example: *I need to be more up front about how my symptoms affect me.*

Goals:

Topics to cover in your next conversation

Example: *How I can contribute to household chores while being mindful of fatigue.*