

Setting Social Boundaries While Living With CIDP

Social activities may feel challenging at times when you're living with CIDP (chronic inflammatory demyelinating polyneuropathy), but communicating boundaries may help. Think of these boundaries as personalized guidelines that may support your friendships, relationships, and social interactions. This discussion guide and worksheet is designed to help you create and share your own social boundaries related to CIDP.



Tips for identifying your social boundaries

- **Write** down the key friendships, relationships, and/or important social interactions you want to focus on and why
- **Reflect** on why you need boundaries when living with this chronic autoimmune condition
- **Understand** what helps you feel at ease when dealing with CIDP symptoms or side effects from treatments
- **Think** about past social situations when boundaries were not set, and consider how they could have gone more smoothly
- **Ask** yourself what you wish others knew about CIDP—particularly those you thought of when writing down key relationships

Tips for communicating your social boundaries

- **Explain your limitations** in a direct, concise, and respectful manner
- **Be prepared to answer follow-up questions**, as not everyone may understand what living with CIDP is like
- **Do your best**, remembering that you're discussing these boundaries to help ensure mutual understanding
- **Provide examples** of how these boundaries may help you
- **Only go into as much detail** as you're comfortable with



Fill out your own script to jump-start conversations



Try the sample scenarios and blank spaces below to practice communicating your social boundaries related to CIDP.

Your friends organize and invite you to a weekend getaway. You want to attend, but you have concerns about how you’ll get around, given your mobility challenges associated with CIDP. How would you communicate your boundaries?

You’re newly dating someone who loves to be active outside. While you also enjoy the outdoors, the weakness in your legs from CIDP makes it difficult to walk long distances. How would you communicate your boundaries?

You’re asked to be part of a family member’s wedding, and they’d like you to stand during the ceremony. You’re honored to do so, but with CIDP, you worry about your balance and navigating fatigue. How would you communicate your boundaries?

Your friend invites you to an evening of painting. You’re interested, but a little concerned that you might drop a paintbrush or spill a cup of water due to the symptoms caused by CIDP. How would you communicate your boundaries?
