

Setting up the
Problem

Dropping the
Knowledge

CIDP
[un·scripted]
Navigating Life Through the Power of Improv

Communicating With Your Doctor

Putting Knowledge
Into Action

Bringing It
All Together

What did we learn?

Conversations are supposed to help us share information and connect socially, but when our conversations follow a script—a familiar, expected pattern—it can be difficult to do either of those things well. By breaking the script, you can communicate more effectively with your doctor and partner with them to better meet your needs.

Tips for breaking the script

→ **Disrupt the routine**

Change the expected pattern of the conversation. Voice your concerns, even if it feels uncomfortable.

→ **Be more specific**

Provide detailed examples of what you're experiencing. Explain what exactly has been going on with your body and symptoms.

→ **Share new information**

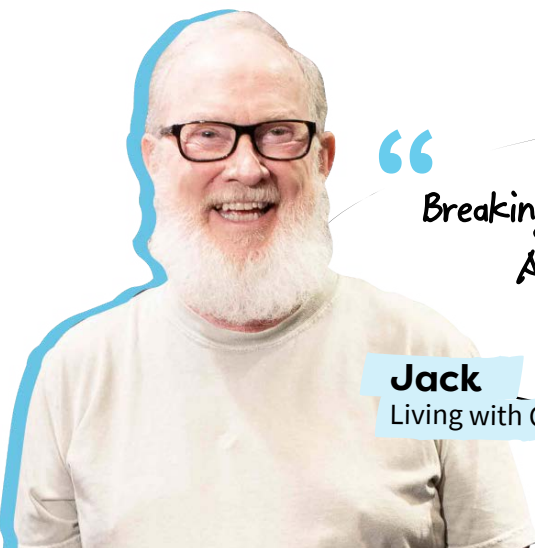
Give your doctor something to react to. Let them know the personal impact your symptoms are having on your life.

Key points

→ **Mistakes are opportunities**

→ **An unexpected answer opens the door to a deeper conversation**

→ **Remember:** You are likely the one who will need to break the script!



“

*Breaking the script makes the doctor stop and think.
All of a sudden, you put things in a whole
different perspective.*

Jack

Living with CIDP

How can improv help?

The improv exercises from this lesson were chosen specifically to help you develop the skills you need to break the script during your next appointment. Practicing these exercises may help you feel more confident and better equipped to disrupt the routine, be more specific, and share new information when communicating with your doctor.

Exercise 1:

“Yes, And”

“Yes, And” is a fundamental concept in improv and communication. It helps you keep the conversation going and encourages collaboration as you acknowledge and build on what the other person is saying.

Practice time

You can use any conversation you have throughout the day as an opportunity to practice “Yes, And.” It could be with anyone—a loved one, a coworker, or even a cashier at the grocery store.



1. Start a conversation with a “Yes, And” mindset



2. Respond with “YES.” Then, repeat what the other person said



3. Next, say “AND,” and add some new information

Tip:

→ **Keep practicing this skill until it becomes second nature.** The more you do, the more comfortable you can be as you work toward having deeper conversations.

Exercise 2:

“Categories”

“Categories” can help you learn to notice patterns, including when patterns are broken. By changing the category of conversation with your doctor, you can get their attention in a way that can lead to more specific and meaningful communication.

Practice time

The great thing about practicing “Categories” is, it’s fun! You can try it out during dinner, in the car, at game night—or whenever you have a free minute or two.



1.

Grab a partner (or group) and set a timer for 30 seconds. One person chooses a category, but doesn’t say it out loud. Then, that person starts the round by saying something that falls into that category



2.

The next person says something they *think* falls into that category. Take turns adding as many things as you can before time runs out



3.

After each round, discuss: What was the intended category? What stood out? What broadened or changed the category?

Here are some categories to get you started. Try coming up with more on your own!

‘70s bands • Beverages • Countries • Romantic comedies • Condiments

Tip:

→ **When talking to your doctor, pay attention to the patterns.** Create an opportunity to redirect the conversation and let your voice be heard.

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