

Setting up the
Problem

Dropping the
Knowledge

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

Shared Understanding

Putting Knowledge
Into Action

Bringing It
All Together

What did we learn?

There's an order that works in conversations. When sharing how CIDP impacts your life, it may feel natural to jump to a solution rather than opening up about what's really going on. But by being the expert of your experience and your relationships, you can find ways to have deeper and more effective conversations.

Tips for being the expert

→ **Lead with the problem**

Set the conversation up for success. Invite the other person to talk through things before offering a solution.

→ **Share how you're feeling**

You know what it's like to live with CIDP better than anyone. Give details to provide helpful context around what you're experiencing.

→ **Translate what you know into what they know**

Help others understand what you're going through. Use what you know about them to make it more relatable.

→ **Find a solution together**

Partner with the other person to find an alternative. Consider how you're feeling, and come up with ideas that work for both of you.

Key points

- **The way you explain your experience should be different for each person**
- **Creating shared understanding puts you on the same team**

→ **Remember:** The way you build these conversations matters!

“When we see ourselves as the experts, it gives us the self-confidence to articulate our experience and helps others better understand what we're going through.”

Martha
Living with CIDP



How can improv help?

The following improv exercises are designed to help you more effectively share your experience living with CIDP. Try implementing what you've learned into conversations with friends, family, and colleagues to create a shared understanding and feel more connected.

Exercise 1:

"Be the Expert" (part 1)

"Be the Expert" helps develop and build the skills needed to communicate with a greater level of detail and confidence. It encourages you to try your best, regardless of how you feel going into it.

Practice time

Start by being the expert of something you know nothing about. Practicing by yourself creates a safe space, so you don't have to worry about what you say—but try to keep your answers realistic.

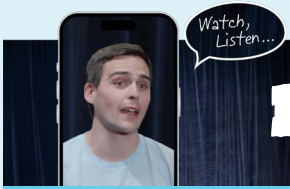


1. Choose a question below, or make up your own

How do light bulbs work?
Which came first, the chicken or the egg?
Why is grass green?



2. Record a 30-second video or voice memo of yourself explaining the topic to the best of your ability



3. Watch or listen back to the recording. Did you speak clearly and confidently? What are some opportunities to improve?

Tip:

→ **Focus on communicating with confidence and providing details that are true to what you know.** Even if you don't know anything about the topic, don't worry—that's the point!

Exercise 2:

“Be the Expert” (part 2)

This build on “Be the Expert” takes what you’ve learned and applies it to a real-life situation. The way you explain your experience with CIDP can have a big impact on the outcome of the conversation.

Practice time

You can practice being the expert the next time you discuss living with CIDP with a friend or family member. Enter into the conversation by viewing yourself as the expert with the goal of creating a shared understanding.



1. **Share:** Give specific details about how you’re really feeling

E.g., “I have CIDP, and it makes my legs feel extremely weak. Can I tell you more about it?”



2. **Care:** Consider the other person’s perspective by using examples they can easily understand

E.g., “When I woke up this morning, it felt like I had just run a marathon.”



3. **Pair:** Work together to build the conversation in a way that strengthens the relationship

E.g., “I’d still love to see you. Let’s think of something else we can do together instead.”

Tip:

→ **Each conversation should be unique to the person you’re talking to.** When you’re the expert of your experience and your relationships, you have a better chance of being heard and understood.

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