Setting up the Problem

Dropping the Knowledge

CIDP [un·scripted]

Navigating Life Through the Power of Improv

Working Together

Putting Knowledge Into Action

Bringing It All Together

CIDP=chronic inflammatory demyelinating polyneuropathy.

What did we learn?

Navigating CIDP takes teamwork. As you lead your care team, clear communication helps everyone get on the same page and manage CIDP together—whether you're working with a caregiver, doctor, or anyone else in your support circle.

Tips for working together

- **Clearly state your goals**
  Don't assume someone knows what you're thinking. Talk through your goals and how you'd like to achieve them so your care team can better support you.
- **Pursue collaboration, not competition**
  It's all about unity. Make sure all members of your care team are moving in the same direction, so everyone's efforts work together rather than against each other.

Key point

- **Communicate that you're working toward a common goal**



"The support person is there to encourage and listen, but the person living with CIDP should speak up and say what they need."

Marcy
Supportive partner

How can improv help?

Like your care team, improv relies on collaboration. These exercises give you fun ways to practice working together and new approaches to implement in your life with CIDP.

Practice time

"Mind Meld" helps you get on the same page by trying to say the same word as your partner. Sometimes, it takes time to get there, but the journey is just as important as the destination.

1. **Grab a partner and face each other. One person starts by counting "1, 2, 3." On "3," each person says a random word out loud at the same time.**
2. **Think about what those two words have in common, and choose new words that connect to the previous two. Count to 3 again, and each person says their new word out loud at the same time.**
3. **Repeat this process until you both say the same word in the same round.**

Example



1, 2, 3...

You: Dinosaur!

Partner: Notebook!





1, 2, 3...

You: Archaeologist!

Partner: History!





1, 2, 3...

You: Museum!

Partner: Museum!



Practice time

"Everybody, Get in Here!" focuses on working together to come up with different ways to achieve a common goal. You can use this same approach in life with CIDP to help you better collaborate with your care team.



1. **Set a goal**
   E.g., "I want to walk my dog every day."



2. **Think "Everybody, Get in Here!"**
   E.g., "Who on my care team can help me achieve this goal?" (caregiver, doctor, etc.)



3. **Collaborate with each person to find unique solutions**
   E.g., Doctor: "This physical therapy exercise could help you prepare for that."
   E.g., Supportive partner: "Let's go in the morning when you usually have more energy."

Ready for your next lesson?
Watch now at **CIDPunscripted.com**.

SHINING THROUGH CIDP by argenx

The people featured are paid contributors.
For U.S. audiences only.
©2026 argenx US-NON-26-00294 V1 11/2026