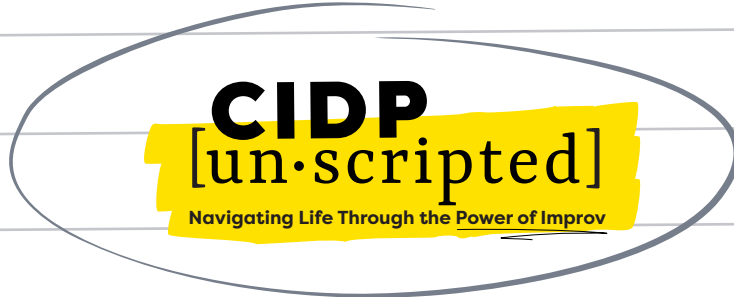


Setting up the Problem

Dropping the Knowledge



Finding Acceptance

Putting Knowledge Into Action

Bringing It All Together

What did we learn?

Our relationship with ourselves can be complicated, but it's very important. Coming to terms with CIDP may be challenging, but the barriers you face don't always have to hold you back. Instead, you can use your creativity to find ways that help you accept your condition without letting it define you.

Tips for finding acceptance

- **Turn obstacles into opportunities**
Think outside the box. Use each challenge as a chance to come up with a creative solution.
- **Make choices that help reinforce your independence**
The things we do can tell us who we are. Make decisions that help support the person you want to be.
- **Be flexible and adapt to the situation**
Life with CIDP doesn't always go as planned. Be ready to make adjustments for whatever comes your way.

Key points

- **Acceptance is a series of choices you work through each day**
- **The more constraints we face, the more creative we can become**

→ **Remember:** You have the power to be your biggest advocate!

“There are rocks in the road ahead. Choose to use them as stepping stones instead of stumbling blocks.”

Mike
Living with CIDP



How can improv help?

The improv exercises from this lesson are focused on adaptation, showing how our choices affect the outcome of any given scenario. As you make decisions throughout the day, using these skills could help you lean into acceptance in a way that gives you more control over your everyday life with CIDP.

Exercise:

“New Choice”

“New Choice” is all about staying flexible and reacting to unexpected changes. It helps train you to think on your feet and keep moving forward when facing an obstacle.

Practice time

While “New Choice” is a fun improv exercise, it can help you use your creativity to overcome everyday challenges in real time. Try using “New Choice” to have more influence over your life with CIDP.



1. **Problem:** Identify a moment when CIDP is keeping you from your plans for the day



2. **New Choice!** Come up with 3 different ideas of things you *can* do instead



3. **Solution:** Pick the idea that you feel best about, and incorporate it into your day

Tip:

→ **Don't overthink it!** Trust your instincts to find a new solution instead of focusing on what you're unable to do.



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