



**Speakers Bureau Training
Worksheet 3 (Recipient)**

Developing Your Story

These questions will help you develop the story you will tell in front of other people. Read through the questions and take some time before answering them.

Describe your life before you got sick.

Give a brief description in layman's terms of what caused your need for a transplant.

Choose a moment when you were sickest. What was your life like then? Any physical/activity restrictions? How does this compare with the first question?

How did you feel while you were waiting for a transplant? How did your emotions change throughout the wait? How long did you wait? What was the impact on your family?

Think about when you received the call for your transplant. Make a list of what you did after the call (your actions). Next to that list make another of how you felt (your emotions).

Describe what it means to you that someone made the choice to be an organ/tissue donor. Have you been in contact with the donor's family? If so, what did you say to them? If not, what would you like to say to them?

How has your transplant changed your life (physically and mentally)? What are you able to do now that you weren't able to do before your transplant?

Do you celebrate the anniversary of your transplant in any special way? Does your transplant date correspond to any holiday or family celebration?

What is your advice to people who are unsure if they want to become a donor?

What is the last thing you will say in your story to leave with a group? Think of a simple message you want people to hear and walk away with after your story is finished.