



**Speakers Bureau Training  
Worksheet 4 (Waiting List)**

## **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.

Since being on the waiting list, choose a moment when you were sickest. What was your life like? Any physical/activity restrictions? How does this compare with the first question?

How do you feel waiting? How have your emotions changed throughout the wait? How long have you been waiting?

Describe the effect of being on the waiting list has had on your family.

Describe what it means to you that people make the choice to be an organ/tissue donor. What would you like to say to them?

How will a transplant change your life physically and mentally?

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.