

DEFINING YOUR ROLE AS AN ACROALLY

How do you view your support role for the PWA (person with acromegaly) in your life? How do they see your role? It's critical that the expectations of both parties align and that you can communicate openly and confidently with one another if you have different views. Need a kick start? Give these exercises a try.

ARE YOU ON THE SAME PAGE?

See if you can get the PWA to create a word cloud of all the terms or labels they can think of to describe your role in their life. Be sure to make a version of your own. When you're both done, compare your word clouds to see where they overlap and differ. Check out [this link](#) for a free word cloud tool.

What words overlapped, if any?

How were your words different?

IT TAKES A VILLAGE

Pick five words or short phrases that you feel describe how you show up for the PWA in your life. Write a few examples of what you do for each item that illustrate why you picked it.

Share your list with the PWA in your life and see if they agree with your choices or want to replace/add any words on your list. You could be surprised by what you learn about each other!