

A Worksheet to Practice Your Story at Home

Use this simple worksheet to practice. You can write short phrases instead of full paragraphs. If you have a caregiver or family helper, have them read the prompts out loud so you can practice answering in your own words.

Part 1: Your Main Conditions and Symptoms

Pick one to three primary conditions you want the judge to understand.

My main conditions are _____

My main symptoms are _____

The hardest times of day or week are _____

Part 2: Specifics that matter

Use one set of lines for each symptom that affects your ability to function.

Symptom

Frequency

Duration

Triggers

Recovery and after effects

What helps

Medication side effects connected to this symptom

An example

Symptom: Burning pain down my left leg.

Frequency: Five to six days per week.

Duration: It starts within 10 minutes of standing and can last for hours if I push through.

Triggers: Standing in place, walking more than a short distance, and bending.

Recovery and after effects: I need to sit with my leg elevated for 20 to 30 minutes, and if I overdo it I need to lie down and the next day I feel worse.

What helps: Using heat and changing position often.

Medication side effects: Muscle relaxers make me sleepy for several hours.

Part 3: Daily activities, What Changes, Help You Need, and What You Skip

Choose the activities you do. You don't have to fill every line. Also explain if you can do the task once or repeatedly in a normal week.

Shopping

I can do _____

I cannot do _____

I need help with _____

I need a break every _____

Afterward _____

Driving

I can do _____

I cannot do _____

I need help with _____

I avoid driving when _____

Afterward _____

Appointments

I can do _____

I need help with _____

I need extra time because _____

Afterward _____

Getting ready

I can do _____

I cannot do _____

I need help with _____

I need a break every _____

Afterward _____

Cooking

I can do _____

I cannot do _____

I need help with _____

I need a break every _____

Afterward _____

Cleaning

I can do _____

I cannot do _____

I need help with _____

I need a break every _____

Afterward _____

Part 4: Your Story in 60-90 Seconds

Use the five-part structure to write a short story you can say out loud.

For each part of the story:

- Include a most days baseline
- Include bad day frequency
- Include recovery time after activity
- Include one example from life and one from past work

1. My main conditions are

2. The main symptoms I deal with are

3. These symptoms limit me in these ways

4. One daily life example is

5. One past work example is

6. Most days look like

7. Bad days happen about

8. After I push myself, recovery looks like

Part 5: A Three-Day Rehearsal Plan

Day 1: Complete the worksheet. Read your short story out loud twice. If a phrase sounds unnatural, rewrite it in your own words.

Day 2: Practice your typical day answer using the five core questions from above. Focus on frequency, duration, triggers, and recovery. Keep answers short.

Day 3: Practice short answers, asking clarifying questions, and using the correction script. If you have a helper, ask them to interrupt so you can practice pausing and continuing without rushing.

Worksheet provided by [Advocate.com](https://www.advocate.com)