

take back your skin:

tell your story

Directions: Write down or type your answers to the following questions. You can repeat this process every 3-6 months to identify patterns and triggers.

exposition

- What is your earliest eczema memory?
- How does eczema make you feel about yourself?
- How does eczema impact how others perceive you?
- How does food affect your eczema?
- How does sleep affect your eczema?
- How does stress affect your eczema?
- What activities do you do during a breakout?

climax

- Describe your 3 worst breakouts.
- Include dates, locations and suspected causes.
- Was there a common trigger in 2 or more?
- What was happening in your life at that time?
- Did anyone help you through a breakout?
- Did any relationship complicate a breakout?



eczema is psychosomatic



resolution

- How has having eczema shaped you?
- How would healing eczema most change your life?
- What activities do you do between breakouts?
- Which changes have you made that really helped?
- Which changes have you not yet made that may help?
- List 3 things that you love about your skin.