

Her Card

The second one is not a mistake. Tear this one out and give it away. Same twelve questions. Same five minutes. Somebody you know has been managing this alone and does not know it has a name. Rate each one as you have lived it over the past month. 0 none · 1 mild · 2 moderate · 3 severe · 4 very severe.

The heat. Flashes, sudden sweats, the flush that arrives without warning and the night you wake up soaked _____

The sleep. Waking between two and four, or not falling off in the first place, or waking early and lying there _____

The mood floor. Flatness, tearfulness, the drive that used to be there and is not, sadness you cannot pin to a cause _____

The edge. Irritability, a shorter fuse, inner tension, anger that has surprised or frightened you _____

The wave. Anxiety, inner restlessness, the panicky feeling that comes up out of nowhere _____

The fog. Losing the word mid-sentence, walking into rooms, reading the paragraph three times, forgetting the name _____

The drain. Physical and mental exhaustion that sleep does not fix, running on empty by early afternoon _____

The wanting, gone quiet. Desire lower than it was, or absent, or something you now manage rather than feel _____

The dryness. Discomfort, burning, or pain with intimacy, tissue that does not feel the way it used to _____

The bladder. Urgency, going more often, leaking when you laugh or run, the infection that keeps coming back _____

The frame. Aching joints, stiffness in the morning, muscles that complain at things that used to be nothing _____

The mirror. Skin drier or thinner, hair shedding, the reflection that reads as older than you feel _____

TOTAL: _____ / 48 Date: _____ Signed: _____

"I was a _____. I'm a _____."

This card was handed to me by _____

I am handing the next one to _____

STRIKE UP A CONVERSATION.

With your doctor. With your mother. With your sister. With your daughter.

Then never shut up about it.

An original tracking instrument from Your Fire Years. Not a diagnosis. Free, scored, and printable at unpausedclub.com/fire-score.