

Your Fire Score

Rate each one as you have lived it over the past month. First instinct, no softening. 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'm a _____. " Retest at ninety days.

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

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.

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"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.

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