



## HOW TO TALK TO YOUR PARTNER/SPOUSE

# CONVERSATION GUIDE

Here's your conversation guide—created by people with HS for people with HS. If you find this helpful, you might want to check out the other sections on Talking to Your Friends and Family, Talking to Your Boss and Coworkers, and Keeping Yourself Positive.



### TALKING TO YOUR PARTNER/SPOUSE

Being open and honest with your significant other is a good way to start. They might already have an idea with what's going on with you. Here are some ideas people with HS have used to get the conversation started.

#### HERE ARE SOME POINTERS:

- Start off small, saying you have a skin disease.
- Assure them that HS is not contagious; it's not an STD.
- Tell them that HS is a chronic inflammatory skin condition that you can't control.
- Let them ask questions and maybe look at a website together that explains HS.
- Take the discussion at your own speed, talking about as much as you're comfortable discussing. This probably isn't a first date conversation.
- Sometimes your symptoms might make you feel low, so talk about how they can support you when you're feeling down.
- Thank them for being willing to help out with household chores when you're not up for doing them.
- Ask them for help dressing wounds in places that are hard for you to reach.
- Let them know that their love and support give you hope and help you go forward.
- Share your feelings about intimacy and how it can be painful when you're having a flare-up.