



4 Things Not to Say to Someone with Chronic Illness

Transplant
UNWRAPPED

1

"You don't look sick."

Not everyone "looks like" what is happening to them. Intestinal disease is an invisible illness" and you cannot see the inwardly suffering.

2

"I hope you feel better soon."

Chronic illness is a life-long journey, usually without a chance of full recovery. Try saying "I hope you have more good days than bad," or something similar, acknowledging some suffering will continue to occur.

3

"Have you tried..."

The end of this sentence often gets filled in with things like exercise, changing your diet, or the latest magic cure! More likely than not, every treatment option has been tried, and it is tiring explaining this over and over.

4

"It's all in your head."

This makes someone with a chronic illness feel invalidated and suggests their condition is 'fake.' Although things like anxiety and depression can affect physical health and possibly make symptoms worse, it is usually not the underlying cause of the chronic illness.