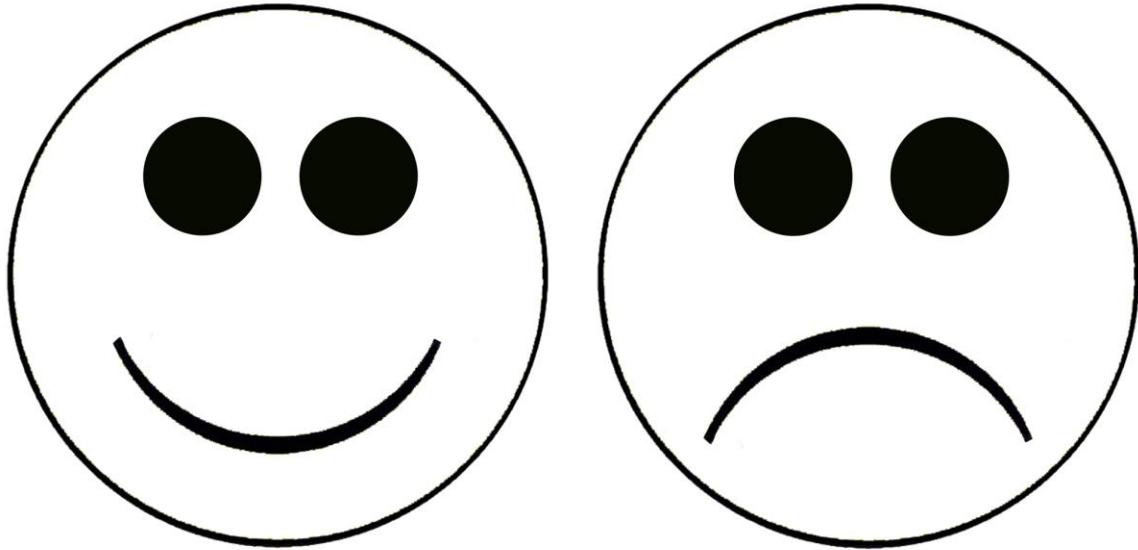


Communicating Our Feelings



Charting Emotional Feelings

Sometimes there are no words to describe how we are feeling emotionally throughout our transplant experience.

- ✓ Please chart on your care calendar each day how you are feeling. If you are having a great day, chart a happy face on that day.
- ✓ If you are having a not so great day, chart a frown face on that day.
- ✓ If you find that you are consistently charting frown faces, contact your transplant coordinator or doctor and let them know how you have been feeling.