

Take back control with these

Dear TED...

Letter writing tips



For those living with or caring for someone living with Thyroid Eye Disease (TED), here are some tips for writing a “Dear TED” breakup letter:

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- Talk about when you or your loved one first met TED and how it made you feel
 - Share how long it took you or your loved one to find out about TED, or the first signs you noticed
 - Write about the impact TED has had on your life – your relationships, work or social activities
 - Tell TED the actions you are taking to regain your or your loved one’s power – working with a TED Eye Specialist, staying vigilant about monitoring symptoms and finding the right treatment
 - Make a promise to yourself to thrive, or to help your loved one thrive, in spite of TED
 - Share a piece of advice for others living with or caring for someone with TED

