

My superpower Is...

You have strengths.

You value. You matter.



What do you wish people understood about living with epilepsy?



What have you learned about yourself because of epilepsy?

Create your superhero identity!



Think about a strength you've developed because of epilepsy. Use the prompts below to create your own superhero identity.



My superpower:
Courage



My strength:
Asking for help



My skill:
Staying calm



My superpower symbol:

YOU ARE MORE THAN YOUR EPILEPSY.

This can help move the conversation from "epilepsy happens to me" toward "I have skills for dealing with epilepsy."