

# Personification Worksheet

**Patient's Name:**

**Date:**

## **Introduction:**

Personification is a literary device that gives human characteristics and qualities to non-human things. In healthcare, it can be a helpful tool to explain medical conditions or procedures in a more relatable and understandable way. This worksheet will help you better understand your medical condition/procedure by considering it as a person or character.

## **Medical Condition/Procedure:**

### **Instructions:**

Imagine your medical condition or procedure as a person or character. Fill out the following sections to create a personified representation of it. This exercise aims to make the medical aspect more approachable and relatable.

#### **1. Name**

Give your medical condition/procedure a name. This can be a real name or a creative one.

#### **2. Appearance**

Describe what your medical condition/procedure would look like if it were a person. Think about its physical appearance, clothing, and unique features.

#### **3. Personality:**

Think about the personality traits and characteristics that your medical condition/procedure might have. Is it friendly, intimidating, mischievous, or caring?

#### **4. Habits and Hobbies:**

Imagine the daily routines, habits, and hobbies of your medical condition/procedure. What does it like to do in its spare time?

**5. Relationships:**

Consider your medical condition/procedure's relationships with other "characters" (e.g., other medical conditions, body parts, or treatments). Are these relationships positive or negative?

**6. Superpowers or Weaknesses:**

If your medical condition/procedure had superpowers or weaknesses, what would they be? This can represent the challenges and advantages you associate with it.

**7. Feelings:**

Imagine the emotions your medical condition/procedure might experience. Is it happy, sad, or indifferent? How does it affect you emotionally?

**8. Message for You:**

What message would it convey if your medical condition/procedure could talk to you? This can be words of encouragement, advice, or understanding.

**Conclusion:**

Creating a personified version of your medical condition/procedure can make it easier to relate to and understand. It can also help you cope with the challenges you face. Take some time to reflect on your responses, and feel free to discuss them with your healthcare provider.

Remember that this exercise is meant to be a creative and empathetic way to approach your medical condition/procedure. It can be valuable for building a better understanding and positive mindset.