



EDIN Speaker's Bureau Typical Questions

There are typical questions asked of recovering speakers. Again, your talk will likely include answers to many of these questions but having these answers prepared in case of questions will help you feel more confident when people do ask questions. Write out your answers beforehand.

How old were you when it first started? What else was going on at the time?

How did your family react? How did you deal with your family?

What are helpful and unhelpful things that were said or done by others?

Was there anything anyone could have said at the time that would have gotten you help sooner?

What helped you to decide to get help?

What did you do to get better? What worked best for you in terms of your recovery?

How do you feel about your body now?

How do you deal with food/going out to dinner, etc. now?