

# Map Your Constellation

*A picture of your whole system, to bring to the people who help you.*

Check whatever resonates. None of this is a diagnosis. It is a map you can hand a provider so the dots finally get connected.

## **Joints & tissue**

Joints that slip, partially dislocate, or feel unstable

Bruise easily, or heal slowly

Stretchy or soft, velvety skin

Chronic pain that moves around

## **Autonomic / POTS**

Dizzy or lightheaded when standing

Racing or pounding heart

Brain fog

Heat makes everything worse

## **Mast cell**

Flushing, hives, or itching

Reactions to foods, smells, or weather

Unexplained nausea or stomach upset

Symptoms that come and go for no clear reason

## **Energy & gut**

A crash a day or two after doing too much

Bottomless fatigue, unrefreshing sleep

Reflux, bloating, or unpredictable digestion

## **The top three things I most want help with:**

### **A MAP, NOT A LABEL**

You are allowed to bring this exactly as it is. It helps a good provider see the whole constellation instead of one star at a time.