

Your Story Across the Record

Purpose: Compare what your medical records document, what you have recorded about your own experience, and what you remember, so you can identify where the story is consistent, incomplete, or needs clarification before writing a personal statement.

Do my records and my lived experience tell the same factual story?

Condition / Health Issue:	
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DIFFERENCES ARE QUESTIONS, NOT PROBLEMS TO HIDE. A difference does not automatically mean someone is wrong. Medical visits capture snapshots, records may be incomplete, and memory can change over time. Notice differences before trying to explain them.

DO NOT CHANGE ONE SOURCE TO MAKE IT AGREE WITH ANOTHER. Verify the original information, understand the difference when possible, and accurately explain it when necessary. If a difference remains unresolved, leave it unresolved.

Topic	Medical Record Says	My Journal / Records Say	What I Remember	Consistent?	What Needs Clarification	Source / Location

Consistent? Yes = the sources generally describe the same thing. Partial = they overlap but differ in detail, date, or context. No = there appears to be a meaningful difference that should be understood before you describe it. This is not a judgment about truthfulness.

TOOL 10 | YOUR STORY ACROSS THE RECORD - CONTINUED

Topic	Medical Record Says	My Journal / Records Say	What I Remember	Consistent?	What Needs Clarification	Source / Location

What Needs Clarification asks what you need to verify or understand. It does not ask how to make the sources match. Return to the original source when possible and preserve uncertainty when the record does not resolve it.

This worksheet is a thinking and reconciliation step before writing a personal statement. Do not draft or optimize claim language here.