

You *Can* Do It

Remember, taking your insulin correctly makes a big difference in your blood sugar. Use these easy ideas, or write down your own ideas to help you feel more comfortable about taking insulin.

- I will talk with other people who take insulin shots.
- I will ask a friend or family member to stay with me the first few times I give myself a shot.
- I will practice giving shots to an orange.
- I will check my blood sugar before giving myself my insulin shot everyday.
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“At first, I really didn’t want to take shots, but I didn’t realize how much better I could feel. It made a big difference to me.”