



Reflective Log

REFLECTIVE LOG

Everyone with a long-term condition has their own unique experience of living with the condition. Although the symptoms, medical treatments and impact on how you feel physically and emotionally are similar from person to person, each person will experience these things differently and they will have different effects on people's lives.

It can help to learn more about your condition: what makes it easier to live with; what can make things harder to cope with; how can you feel in control of your condition and your life? One way to do this is to spend some time reflecting on how you live your life with your condition. Reflecting on what you do on a regular basis, can help you identify what makes your condition easier to cope with, what reduces the physical and emotional impact of the condition and what helps you to find meaning and purpose in your life.

This log has been designed to help you reflect, learn about your own unique experience of your condition and identify what does and does not work for you. You can use this log as much or as little as you like. We have set it up as a daily record, but you could use it weekly or even monthly if that is better for you.

All you have to do is note down what you do each day/week/month and how you feel emotionally and physically. At the end of the week or month, take some time to look back over what you have written and see if you can identify any patterns between certain activities and how you felt. This can help you work out what makes your condition easier to deal with and what makes it harder.



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DATE: _____

What happened/what did you do today?

Note down the things that you did and any activities that you took part in. You can list everything you did on a timeline or add as much detail as you like on certain activities.

How did you feel today?

How did you feel physically and emotionally? Did you have any reduction or increase in symptoms? Was this a good day, a bad day or a normal day?

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Can you see any patterns between the things you have done and how you have felt?

What activities might be useful for you?

What activities might not be useful for you?