

Adjustment to chronic conditions Strengths and Snags Work Sheet

Area of Adjustment	STRENGTHS	SNAGS
<p>Pre-condition life Is there anything about how you were before acquiring your condition, which helps you cope now (strengths)? Anything that hinders your coping now (snags)?</p>		
<p>Realising the condition is chronic Have you realised that you may have to live with your condition for the foreseeable future? Is the way you think about it helpful or unhelpful to you? Is there anything about the treatments you have had up to now that has been helpful? Anything that hinders your coping?</p>		
<p>Taking stock – what next? Do you know what your options are for learning how to cope better with your condition? Would you like to learn more about coping strategies? Are you prepared to consider changing important aspects of your life and how you think about yourself in order to cope better with your condition?</p>		
<p>Learning new: Knowledge What do you already know about living with your condition, or is there more you want to know? Skills What skills have you already learned and are you using them to best effect? Are there any other skills you want to learn? Attitudes Is there anything about how you think about living with your condition, which helps you cope? Anything that makes it harder for you to cope?</p>		

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<p>Support</p> <p>Professional support What professional support (NHS or others) have you had up to now that you have found helpful? Any professional support you have found unhelpful?</p> <p>Family support What kind of support do you get from your family and close friends? What aspects of the support do you find helpful? Anything you find unhelpful?</p> <p>Wider social context Is there anything about your work and wider social life that you find helpful? Anything you find unhelpful?</p> <p>Environmental aspects Is there anything in your home, work or community environment that you find helpful? Anything you find unhelpful?</p>		
<p>Letting go A consequence of acquiring a chronic condition can be losing aspects of one's pre-condition life, e.g. habits, activities, hopes and aspects of personal relationships. Have you had losses that you feel you have been able to let go of? Are there things that you are finding it very difficult to let go of?</p>		
<p>Acceptance & integration Have you made changes to your life that you feel you have accepted or even been able to appreciate? Are there things that you are still finding it difficult to accept?</p>		