

## **SIGNS OF REJECTION OF SUFFERING**

In summary, chronic and terminal diseases will result in some degree of suffering that is unavoidable. To state an obvious point, suffering is unpleasant and unwanted. Have you accepted suffering into your life or are you rejecting it? The following questionnaire seeks to learn if you are rejecting suffering from your disease. Check-off if any of the following apply to you?

- \_\_\_\_\_ 1. I find myself protesting the fact that I have this disease.
- \_\_\_\_\_ 2. When I think of having this disease I really get angry.
- \_\_\_\_\_ 3. When I think of having this disease I become very sad.
- \_\_\_\_\_ 4. Many times I find myself saying to myself, "This is awful what is happening to me."
- \_\_\_\_\_ 5. I find myself complaining a lot about a variety of things that used to not bother me before I developed this disease.
- \_\_\_\_\_ 6. I vent a lot about my disease.
- \_\_\_\_\_ 7. Often I say to myself, "Why me. It's not right."
- \_\_\_\_\_ 8. I find myself saying to myself, "I should have a different life."
- \_\_\_\_\_ 9. I find myself feeling sorry for myself many times for what I have to go through now.
- \_\_\_\_\_ 10. Since I developed this disease, I think about killing myself.
- \_\_\_\_\_ 11. I complain about my symptoms often.
- \_\_\_\_\_ 12. I blame a lot of my troubles on my disease.
- \_\_\_\_\_ 13. I hate having this disease.
- \_\_\_\_\_ 14. I think, "I cannot go on this way any longer."
- \_\_\_\_\_ 15. It is not fair what has happened to me.
- \_\_\_\_\_ 16. I think about medical science finding a cure for my disease all the time.
- \_\_\_\_\_ 17. I avoid any situations that can make me feel worse physically.
- \_\_\_\_\_ 18. I have changed doctors several times in the hope of finding a cure.
- \_\_\_\_\_ 19. I sit around a lot and am not very active since I developed this disease.
- \_\_\_\_\_ 20. I have become very short tempered since I became sick.