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### GLOBAL ADJUSTMENT TO DISEASE

#### HOW MUCH HAS YOUR DISEASE CHANGED YOUR LIFE?

To answer that question, consider the following questions:

- How much has your disease impeded or prevented you from doing what you want to do?
- How much has it harmed your relationships?
- How much has it intervened in your activities, impeding your ability to pursue them?
- How much has it changed your basic roles and your ability to fulfill your role duties in the various parts of your life?

Now give your answer from 0 to 100, using the following guidelines:

*0 to 25* = mild life effects; very little impact on goal attainment, relationships, role maintenance, and activity pursuits.

*25 to 50* = moderate life affects; role maintenance and goal attainment have been disrupted but you can still sustain the lifestyle you had prior to your disease; your relationships are suffering to some extent but are still intact and stable.

*50 to 75* = moderate to severe life affects; role maintenance has been altered in major ways; activity pursuits have been impeded significantly but can still be pursued; goals are attained much less of the time; relationships are either significantly damaged or are becoming unstable.

*75 to 100* = severe to extensive life affects; old roles, activities, and meaningful pursuits have either been terminated or have changed significantly; goal attainment minimal; you believe barriers to goal attainment are insurmountable; your relationships have been terminated or have changed dramatically.

**Now give your score:** \_\_\_\_\_

#### WHAT IS YOUR SATISFACTION WITH YOUR LIFE?

To answer this question, use the following guidelines:

*0 to 25* = very low to abysmal life satisfaction.

*25 to 50* = low to moderate life satisfaction.

*50 to 75* = moderate to high life satisfaction.

*75 to 100* = high life satisfaction.

**Your life satisfaction score:** \_\_\_\_\_