

---

# 5

---

## EMOTIONAL CONSEQUENCES FROM DISEASE

As a consequence from having disease, you are experiencing negative emotions. We would like to understand your feelings.

- 1) What is the negative emotion(s) you are dealing with as a consequence of having your disease? Below are some of the negative emotions you may be having. Check-off if you have any of them on a recurring or regular basis.

Frustration \_\_\_\_\_  
Anxiety \_\_\_\_\_  
Rejection \_\_\_\_\_  
Anger \_\_\_\_\_  
Deprivation \_\_\_\_\_  
Physical discomfort \_\_\_\_\_  
Disappointment \_\_\_\_\_  
Loneliness \_\_\_\_\_  
Sadness \_\_\_\_\_  
Regret \_\_\_\_\_  
Guilt \_\_\_\_\_  
Hopelessness \_\_\_\_\_  
Helplessness \_\_\_\_\_  
Other emotion \_\_\_\_\_

- 2) How much of that negative emotion are you experiencing, from 0 to 100, with 100 being the most extreme amount of that feeling you can have? \_\_\_\_\_
- 3) Is this emotion one you generally have or is it situation-bound (only in certain situations you feel this way?).

- 
- 4) If the emotion is only in certain situations, what are those situations?

- 
- 5) Have you always struggled with this emotion, even before you became sick?  
Yes \_\_\_\_\_ No \_\_\_\_\_

- 6) What have you done in the past to cope with this negative emotion?

- 
- 7) Has that coping strategy worked in the past?  
Yes \_\_\_\_\_ No \_\_\_\_\_ If not, why not?
-

- 8) Are there means to eliminate this negative emotion?  
Yes \_\_\_\_\_ No \_\_\_\_\_
- 9) Is it likely that you will have to learn how to tolerate this negative emotion?  
Yes \_\_\_\_\_ No \_\_\_\_\_
- 10) If there is not means to eliminate this negative emotion, are you prepared to accommodate yourself to having this negative emotion in your life? Yes\_\_\_\_\_ No\_\_\_\_\_

**PROVIDER WORKSHEET**

Taking the above answers into consideration, what coping skills do you think this patient needs?

---

---

---

---

---