

## **BODY ACCOMMODATION TRAINING**

When some people become sick, they feel angry with their body for not being like it used to be. That only makes them feel worse. Now that you are sick, you will need to be able to accommodate to the changes in your body, and accept how your body has changed. The dialogue below will help you do this.

### **SELF-TALK WHEN UNDERTAKING AN ACTIVITY**

I have to do this task. I will do what I can. Do not get down on myself for not doing it the way I want. Accommodate to what my body can do. Do not hold expectations for what I think my body should do. Deal with it as it is.

My body has changed so it may not do what it used to do. Accept that.

Be a friend to my body. Do not be critical of it. Show understanding of whatever my body can do.

Be gracious toward my body when it cannot do the work.

Thank it for its efforts. Comment on what was done well or what was completed.

Do as much as I can but do not overdo it, to prove to myself that I am my old self. I have changed.

Live with that fact. Do not reject reality.

Do not be self-critical. Do not look for faults with my performance.

Do not be impatient with myself. Impatience comes from having standards for my body and not meeting those standards.

Put the standards aside, when they are not reasonable or realistic. Accept how my body is and what it can do.

### **SELF-TALK WHEN THE BODY CANNOT PERFORM AS EXPECTED**

I feel angry because my body is not performing like it should.

I am rejecting how my body is performing. Give up the standards for how my body should perform.

Live with who I am and not demand I be different than I can be.

Do not be angry at my body. Be understanding.

I cannot meet my old standards. I do not have a bad body, just a different body than I used to have.

I am not a machine. I do what I can do.

Do the best I can do and be pleased with that.

Show appreciation for what has been done. Show caring for my effort.

Plan how to complete the rest of the project.

Do not get into awfulizing that I am not who I used to be. It is not terrible not being able to perform like I used to do.

Do not demand that things be different when they cannot be that way.

Do not fight against reality. Let reality into my life.

Do not refuse to accept what my body has become.

Stop being disappointed in myself for how my body performs. Just be me and live with what that is.

Accommodate to how my body performs.

Accommodate to the loss of ability to control my body.

Disease has changed me. Come to terms with those changes.