

## **ACCEPTING ONESELF WHEN ENGAGING IN WORK**

Many medical patients have to engage in work on the job or at home. When doing so they often feel worse psychologically. That is because they put demands on themselves to be different than they are when that is not possible. Below is a self-dialogue that you can say when engaging in work, to help you accept your condition.

### **SELF-TALK BEFORE ENGAGING IN WORK**

I do not like doing this job because I cannot produce like my old self. Do not put demands on myself that I cannot meet. That will only make me feel worse.  
Ease up on myself. Have some compassion on myself. I mean well. I try hard.  
Do not get into comparing my output to that of others. They do not have my problems.  
Accept the fact that I am not my old self when working.  
Focus on what I do well.  
I am tough. I can bear being this way, even though I do not like being this way.  
Watch out for self-put-downs. They will not help.

### **SELF-TALK WHEN FEELING UPSET DOING A JOB**

I am distressed having these symptoms. They keep me from producing more. Accept that fact. Do not keep hating that fact.  
Accept my limitations. Let my limitations into my life. Do not hate them. They come with having this disease.  
I am getting uptight. Relax. Take a few deep breaths.  
Do not focus on not meeting expectations. Do what I can do. In time I will get the job done.  
I contribute to the situation. I help out. Give myself credit for what I do. Do not focus on what I cannot do.  
I can bear being this way if I choose to. Do not reject who I am because I do not meet my expectations or other's expectations of me.