

PHASES OF ADJUSTMENT TO DISEASE

People pass through different phases with their disease. We want to know what phase you are in. Check-off which answers apply to you.

- _____ 1. I am still in shock about having this disease.
- _____ 2. I am very alarmed and anxious about how this disease will effect my life and how it is effecting people close to me.
- _____ 3. I feel so insecure since this disease happened to me, because it threatens what I care about.
- _____ 4. Everything seems in chaos now. My life does not seem stable any more.
- _____ 5. I feel like the life I knew is falling apart.
- _____ 6. This disease (or the treatment for it) has changed or stopped so many of my habits, hobbies, and other activities I used to do.
- _____ 7. Since I got this disease I do not care about the goals I used to work to accomplish.
- _____ 8. My head feels like it is spinning since I got the news about having this disease, since I started having symptoms, or since the disease seems like it will change my life so much.
- _____ 9. I think I am at a turning point in my life.
- _____ 10. Since I found out about this disease, or since I started having symptoms, everything that I cared about feels like it is crumbling before my very eyes and I cannot stop it.
- _____ 11. I am not as upset about having this disease as I used to be. I have gotten over a lot of the shock.
- _____ 12. My life does not feel like it is in chaos anymore.
- _____ 13. I am better able to cope now about having this disease.
- _____ 14. I have gotten used to my symptoms or the fact that I have this disease.
- _____ 15. My life has returned to being steady and stable.
- _____ 16. I have gotten used to the suffering this disease causes me.
- _____ 17. The suffering this disease causes me does not bother me like it used to do.
- _____ 18. I have returned to most if not all of my old habits, routines, and normal activities.
- _____ 19. I am handling not knowing what will happen in my future or what will happen to my body much better.
- _____ 20. I feel like I am putting things back together again.
- _____ 21. I do not really like my body anymore since I started having these symptoms or was told I have this disease.
- _____ 22. I feel so different from other people since I started having these symptoms or since I found out I have this disease.
- _____ 23. I am so angry with myself because I cannot fulfill all or part of my role duties like I used to do, or because I cannot meet all or some of other's expectations for me.
- _____ 24. I cannot stand all of the changes in my body or the changes that will occur in my body in the future.
- _____ 25. I blame myself completely or partly for getting this disease.
- _____ 26. I am upset with certain people in my life because they do not seem to understand what it is like having this disease.
- _____ 27. I am upset with certain people in my life because they have not given me the help I need now that I have this disease. I feel let down by them.
- _____ 28. I feel so all-alone having this disease.

- _____ 29. I do not feel the same closeness I used to have with certain people since I got this disease.
- _____ 30. Since I got this disease I feel distant from God and/or religion.
- _____ 31. I do not feel as guilty any more about not being able to fulfill my role duties or about not meeting other's expectations.
- _____ 32. I feel closer to the people I care about in my life.
- _____ 33. My body has changed, but I am starting to understand it better now, regarding its limitations, when it can and cannot do certain things, and what I need to do for it.
- _____ 34. I am not down on my body nearly as much as I used to be because it cannot be a certain way or cannot do certain things.
- _____ 35. I am finding ways to manage the physical problems this disease causes me.
- _____ 36. I am not upset like I was with some of the significant people in my life since my body starting changing.
- _____ 37. I feel closer to my body now and appreciate it more.
- _____ 38. I have gotten involved or gotten closer to other people since I got this disease and that has been helpful.
- _____ 39. I feel closer to God now and/or more involved in religion now.
- _____ 40. I have gotten over many of my bad feelings about getting this disease.
- _____ 41. My life seems meaningful now, or more meaningful than it used to be since I got this disease.
- _____ 42. I have found some new activities that are meaningful to me.
- _____ 43. I have been able to resume some or all of my old activities that used to give my life meaning.
- _____ 44. I feel like my life is coming together again.
- _____ 45. I have gotten used to having this disease and doing what is necessary to treat it.
- _____ 46. I have gotten used to my body not being able to do what it used to do before the disease.
- _____ 47. I have goals I care about that I pursue.
- _____ 48. Certain things have ended for me or will end but I feel okay about that now.
- _____ 49. When I cannot do certain things or look a certain way because of this disease I know how to cope with that now.
- _____ 50. This disease is just one part of my life now and is no longer dominating my thinking or attention.