

## **DISFIGUREMENT TOLERANCE TRAINING**

If you believe that your disease or the treatment for it have disfigured you in some way, you will need to learn how to tolerate the changes in your body. The self-dialogue below can help you do that, as you enter situations where you reject yourself, or you fear others will reject you because of your “disfigured appearance.”

### **SELF-TALK WHENEVER FEELING DISFIGURED**

Thinking of myself as disfigured is saying that I am ugly or undesirable. That will only make me feel worse about myself.

I can control my view of myself. I can pick a viewpoint that does not devalue me.

I am different physically than I used to be but I need to accept that.

I am different from others physically in one regard but like others in most other ways.

Accept myself as I am. I am an okay person. I am just different in this one regard.

Relax when getting upset about myself. Do not stay uptight.

Do not fall into self-pity because I am different. It is not helpful.

### **SELF-TALK BEFORE ENTERING A SITUATION**

I am about to enter this situation but I feel down on myself because I look different than I used to look. Live with the changes in myself. They are part of me now.

Do not believe my differences from others are the only thing on their mind. My differences do not dominate other’s thinking of me. Others have a life of their own besides me.

Accept myself as I am now. Do not focus on what I am supposed to be.

Do not set standards for myself that I cannot meet.

I am not disfigured—I am only different than I used to be or different from others in a certain regard.

Being different than I used to be does not make me bad.

There is nothing basically bad about being different and looking different. I make myself bad by how I think of myself.

Think of what is good about me. Do not focus on what makes me different from others. List my good qualities.

If I get down on myself when I enter this situation, think of the problems that cause. How do I make myself feel badly?

I have a lot to offer others in this situation. Focus on what I bring to the situation and not on what I think is bad about me.

**SELF-TALK WHILE TALKING TO OTHERS**

Stay focused on the conversation. Do not focus on how I look to others. Do not focus on how I am different. That will only make me feel inhibited or undesirable.

If they reject me, that does not make me a bad person.

They will need to learn how to deal with me as different than I used to be (or different from others).

Be an “up” person. Do not be moody and reserved. Smile and show enthusiasm. Do not be inhibited.

Have others respond to my behavior and not how I look to them.

There are lots of people who are different in some way. I am not the only one who does not fit the norm.