

**PRACTICALITIES** Start with exercise sheet S7 and discuss any discomfort or concerns about having to inject themselves. In the process, write down and consider the options that could help in this situation on the basis of the examples in exercise sheet S7.

## STEP BY STEP

- Explain briefly what the exercise is about and ask what thoughts and feelings patients have about having to inject themselves.
- If possible, let patients write their responses themselves.
- Use answers to support their choice of where further work should be done.

EXERCISE SHEET 57

# HAVING TO INJECT ONESELF

What do I feel about taking medication using a syringe/pen?

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What could help me feel better?

I could maybe talk to somebody who already does it. Who?

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I could maybe get thorough instruction. Where?

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I could maybe get others to help me in the beginning. Who?

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Other options?

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steno  
diabetes center