ACCEPTING ILLNESS

"I can perfectly well learn to live with my illness but that is not the same as accepting it..."

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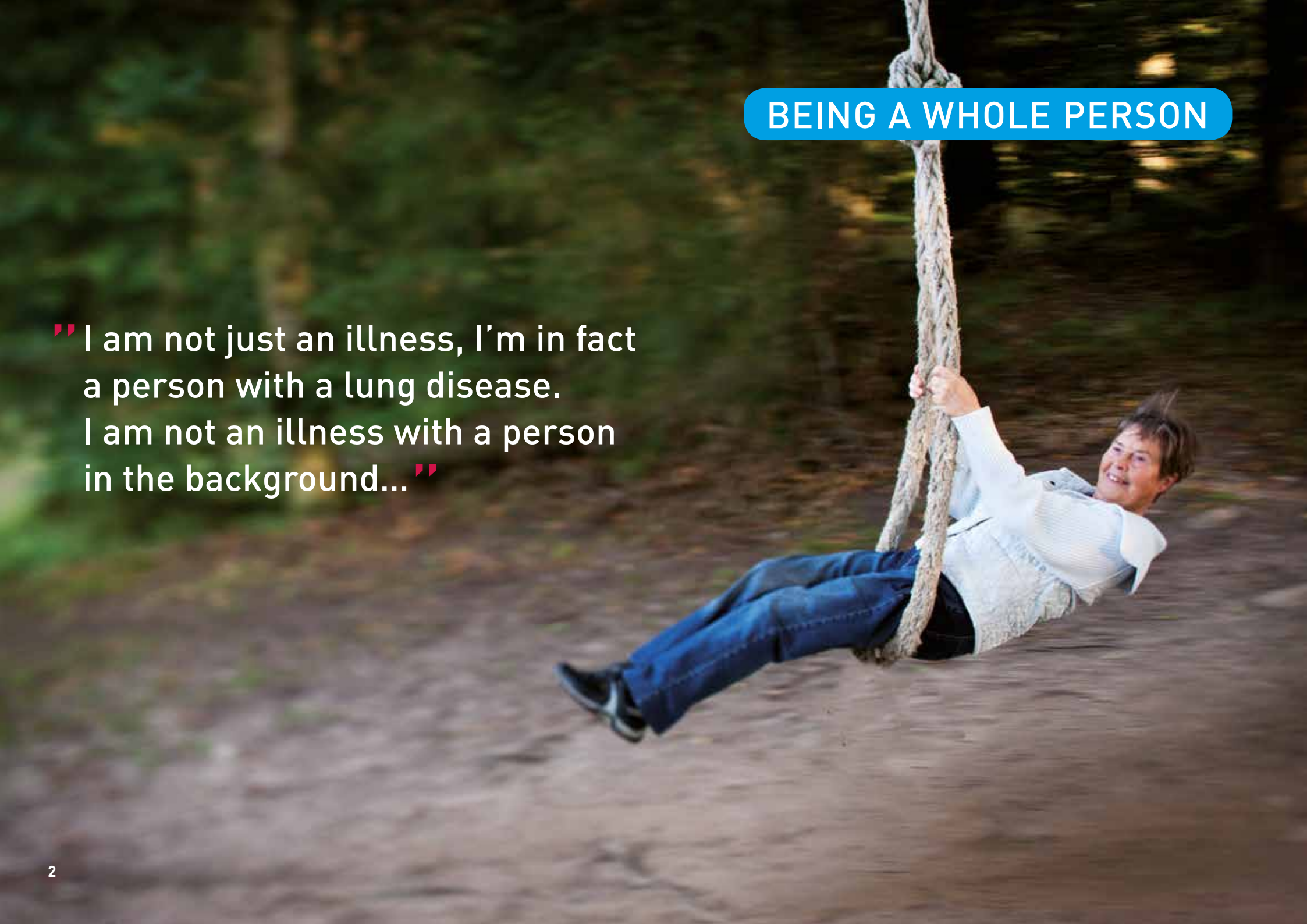

BEING A WHOLE PERSON

"I am not just an illness, I'm in fact a person with a lung disease. I am not an illness with a person in the background..."

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GETTING USED TO BEING ILL

"Illness can also definitely become a habit; you just need to move on!..."

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"I don't feel ill. I feel pretty well, and don't notice it at all ..."

BEING IN CONFLICT

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"I am uncertain about what I can expect as the illness progresses..."

BEING INSECURE

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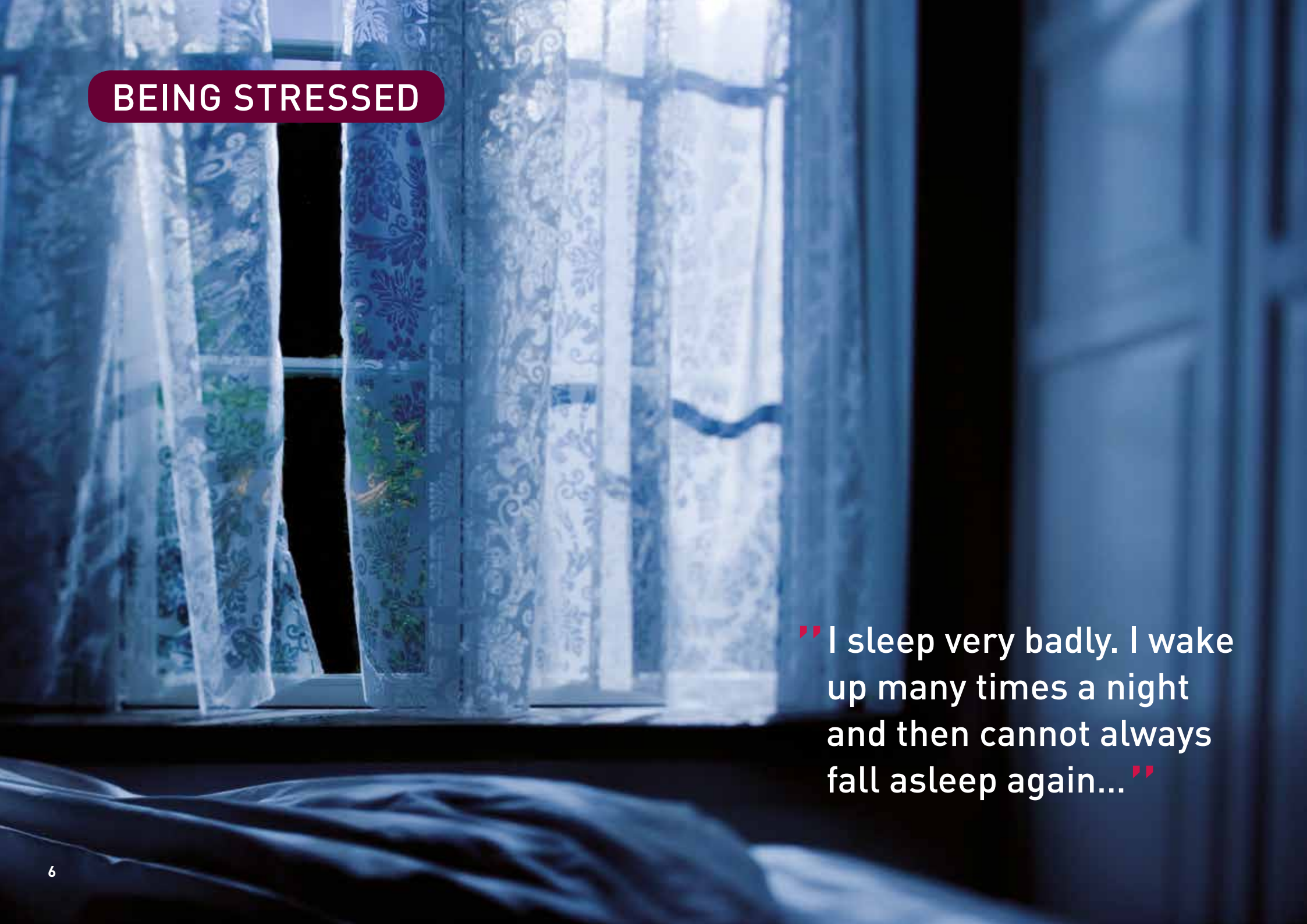

BEING STRESSED

"I sleep very badly. I wake up many times a night and then cannot always fall asleep again..."

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HAVING TO TAKE MEDICINE

"I am worried about the side effects of the medicine"

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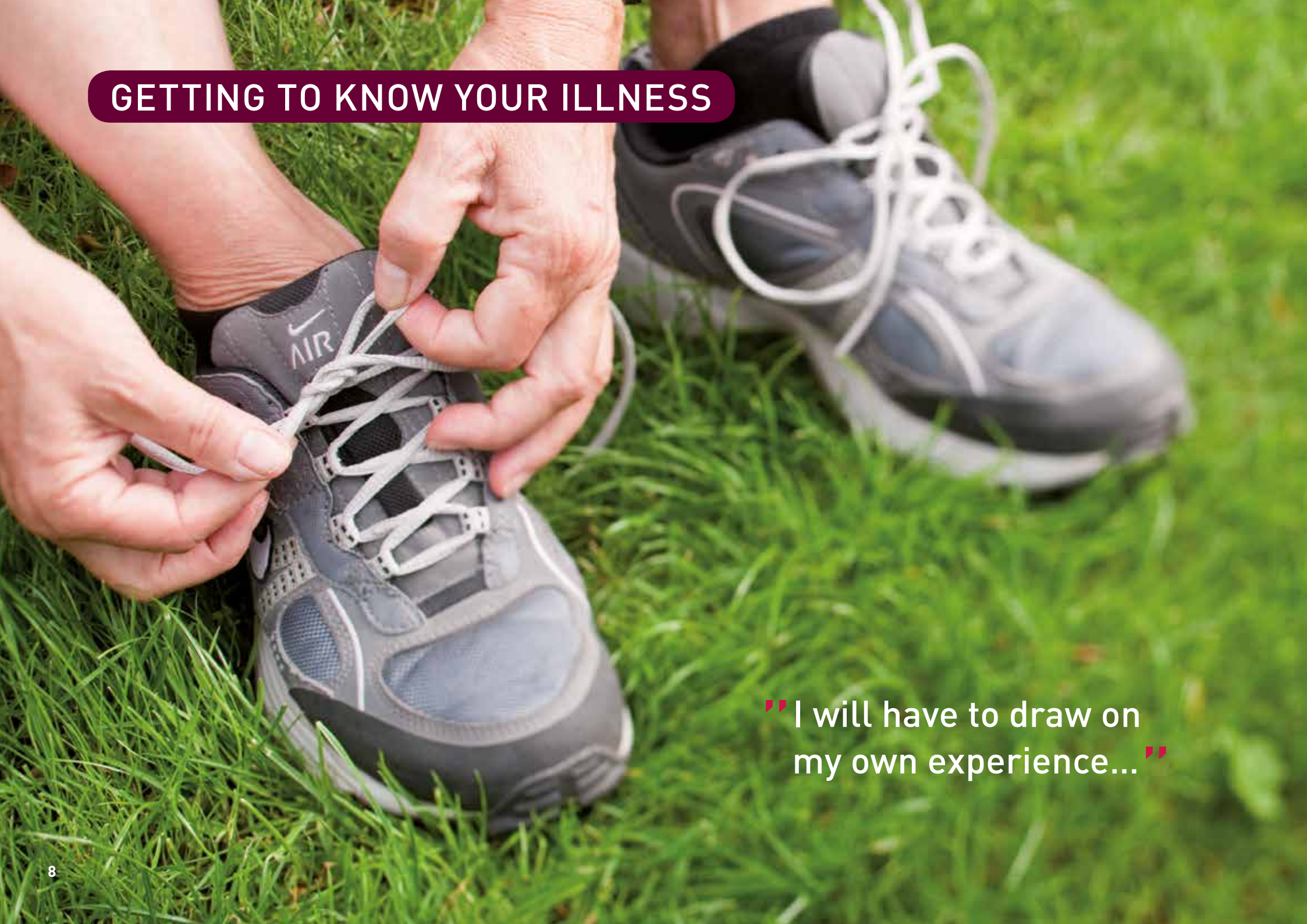
GETTING TO KNOW YOUR ILLNESS



"I will have to draw on my own experience..."

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TO FEEL PAIN

"My pain affects my mood"

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GETTING RID OF HABITS

"I don't smoke anymore but in my head I am a smoker and always will be ..."

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LOWERING THE BAR

"I have lowered the bar with respect to travel, going to town, visitors and bike rides and all that kind of thing, because I have less energy..."

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FEELING WEAK

"In my head I believe I can do everything and then I find out that I can't..."

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CHANGING HABITS

"You simply have to change your life because all the time there are things that have to be changed..."

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"At the places I go, they serve lovely cakes that are impossible to say no to..."

SAYING NO THANKS

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"The most irritating thing about this illness is that you cannot be like everybody else..."

BEING DIFFERENT

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"Other people say that I should just ask but it never happens..."

ASKING FOR HELP

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FEELING ALONE

"You don't get the support that you actually need..."

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HAVING NEW ROLES

"I feel a bit sad when my wife has to go out and mow the lawn but I don't think she worries about me making her coffee ..."

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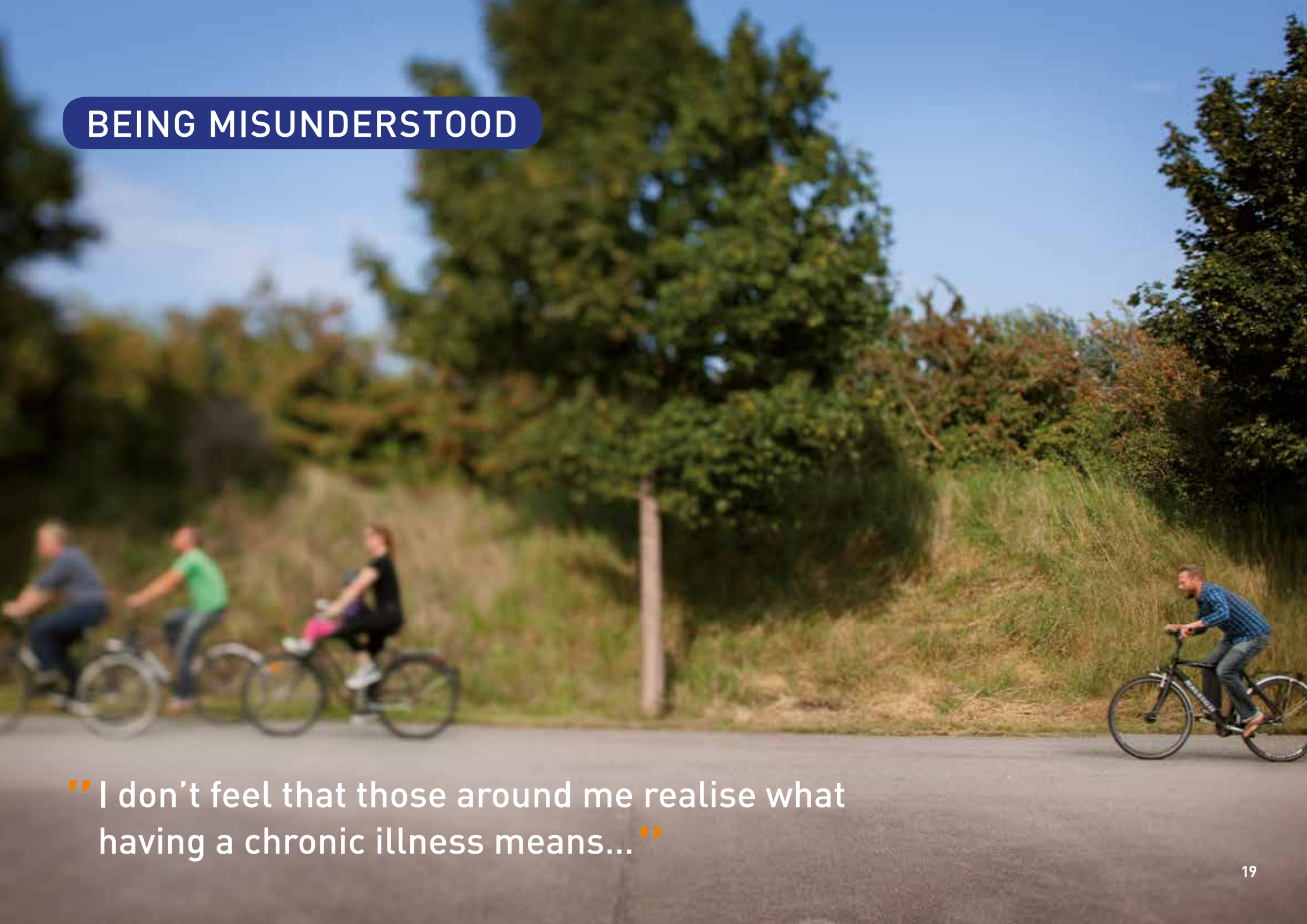

BEING MISUNDERSTOOD

"I don't feel that those around me realise what having a chronic illness means..."

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BEING A NUISANCE

"My illness makes me a burden for my husband who has to do everything around the house..."

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"My being ill is none of their business ..."

KEEPING THINGS TO YOURSELF

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OTHERS FEEL THEY KNOW BEST

"They all feel that it is so easy for me to do more exercise. I don't think it is..."

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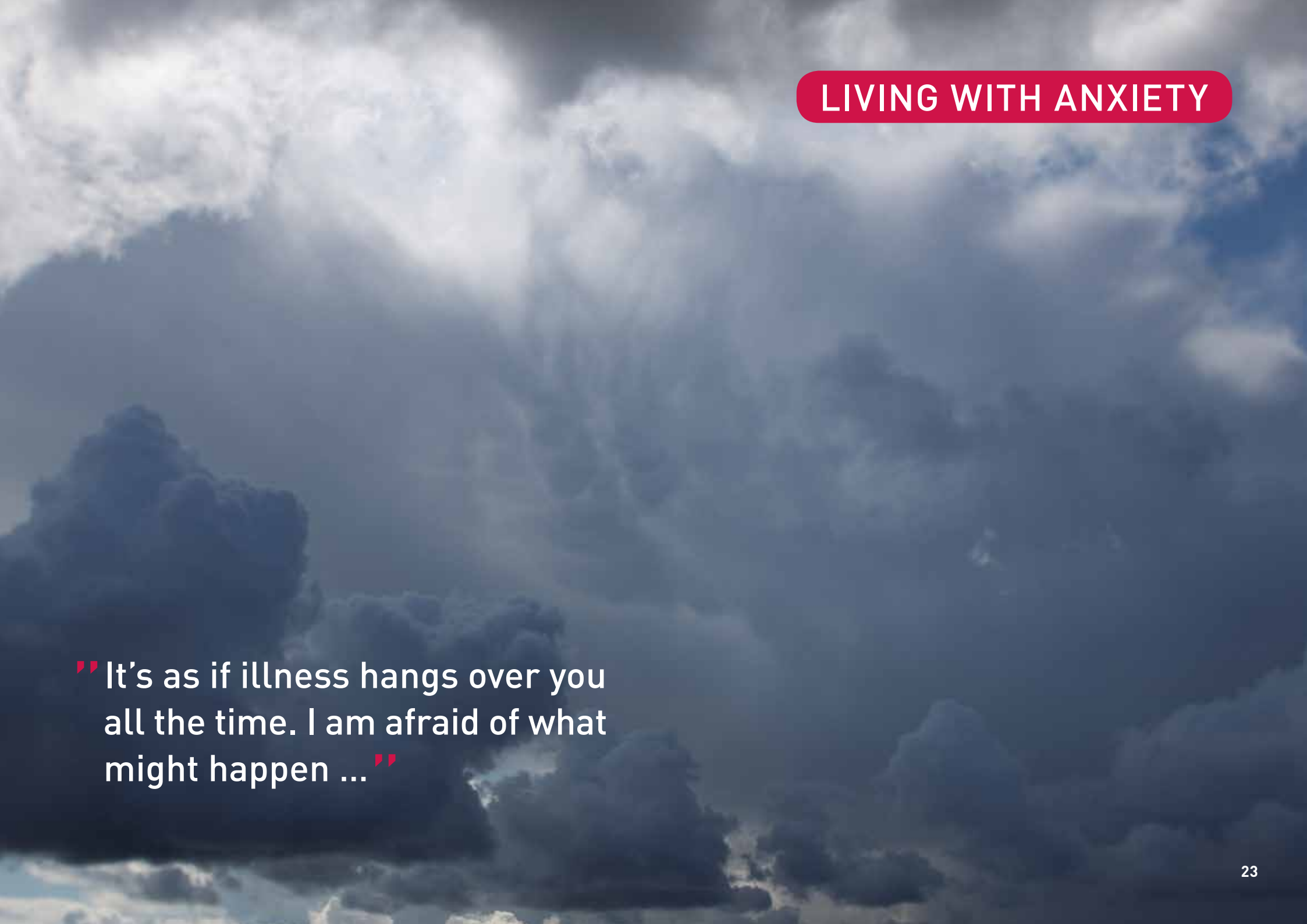

"It's as if illness hangs over you all the time. I am afraid of what might happen ..."

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BEING SAD

"I am very tired and very sad..."

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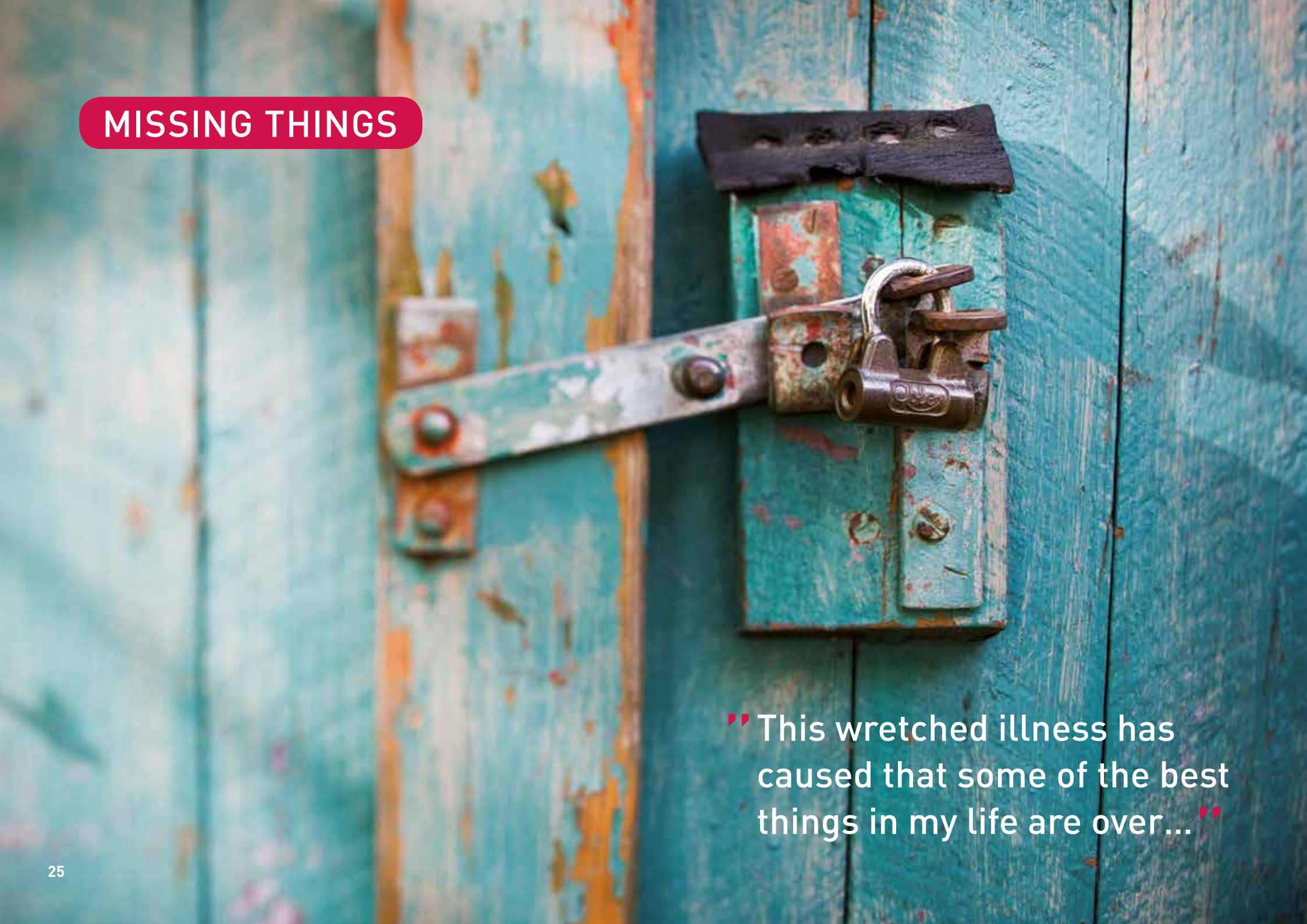
MISSING THINGS



"This wretched illness has caused that some of the best things in my life are over..."

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FEELING UNDER PRESSURE

"I find that I am so busy with my illness which I find very irritating"

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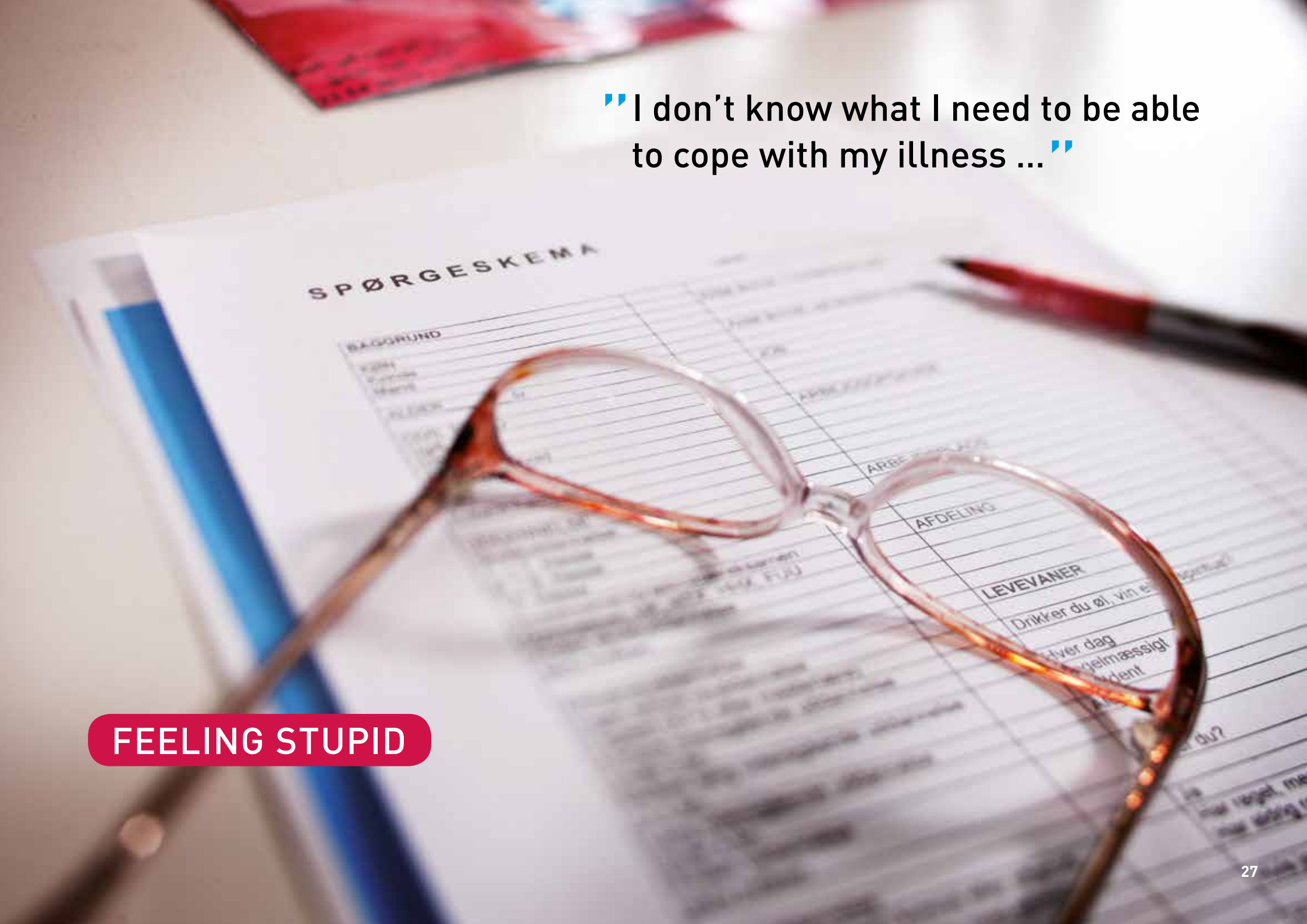

"I don't know what I need to be able to cope with my illness ..."

FEELING STUPID

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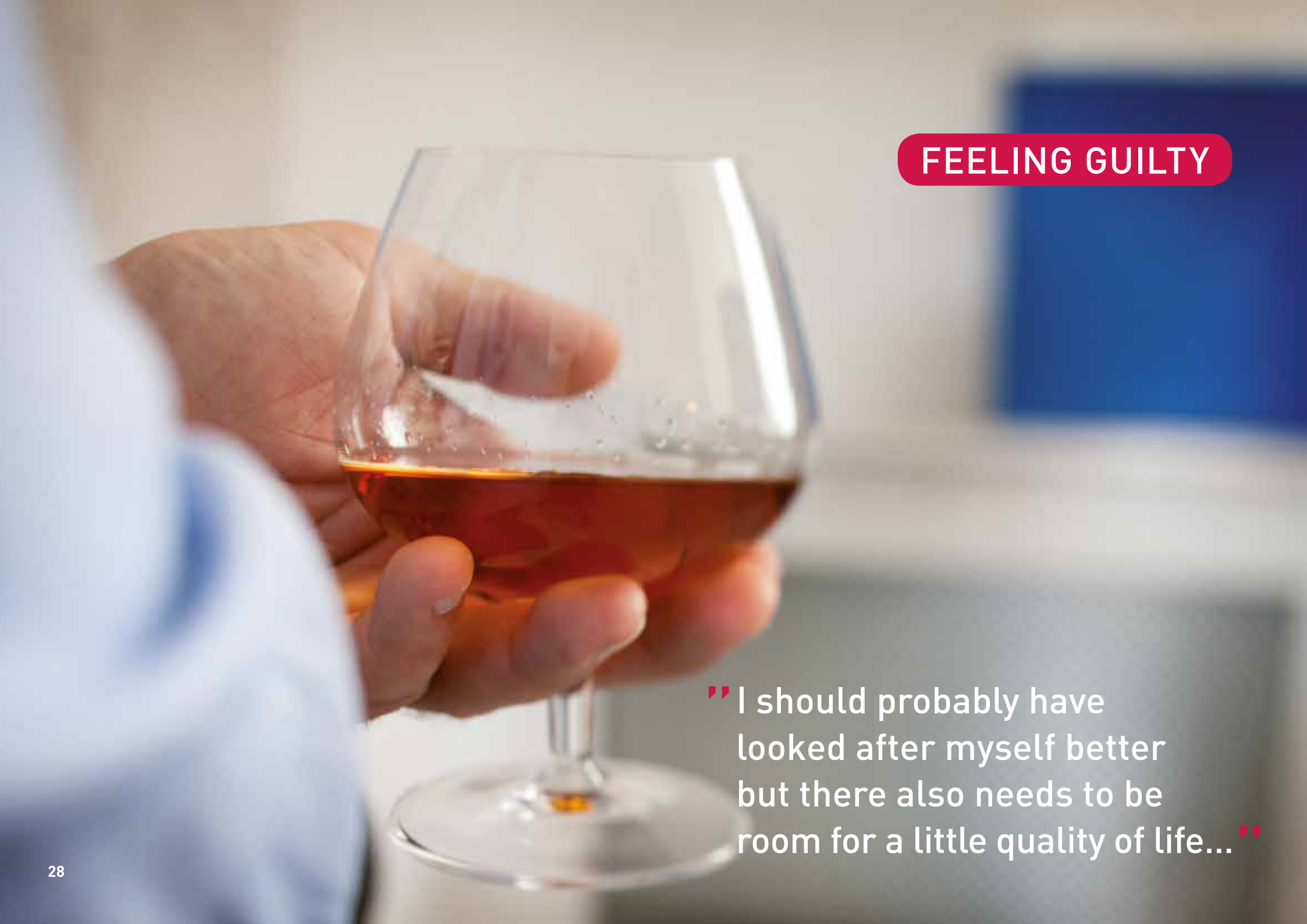

FEELING GUILTY

"I should probably have looked after myself better but there also needs to be room for a little quality of life..."

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