

MY THOUGHTS

– ‘forbidden’ thoughts about life with a chronic illness

The aim of the ‘My Thoughts’ exercise is to use possibly slightly taboo statements to provoke participants. Thoughts you should not have but may well indeed have when suffering a chronic condition. Thoughts that other participants may actually share. Participants get the chance here to verbalize their thoughts and since the problems have already been formulated, they can identify with these instead of having to speak about them. The exercise helps make such thoughts more legitimate.



About 30 minutes



20 provocative statements + three blank cards

Table space



Individual reflection

Group dialogue



Link to the theory on The Balancing Person

STEP BY STEP

1. The educator introduces the aim of the exercise: To verbalise some of the thoughts that may feel “forbidden” in living with a chronic illness.
2. The statements are placed on the table so that everyone can see them.
3. Participants get a little time to read the various statements and then choose a card they will be talking about.
4. The role of the educator is then to control a process in which everyone gets the opportunity to say why they have chosen particular statements.
5. The educator may ask more detailed questions about the cards and ask the group whether they recognize the situations as described.
6. All participants’ cards are displayed and discussed in the same way.
7. It is important that this does not turn into a therapeutic process for the individual but a discussion from which all participants can benefit.
8. The educator concludes the exercise with a general plan for summarizing the fact that it is important to be able to talk about your thoughts, also negative ones, in order to get your mind more in balance when suffering a chronic illness.