

WHAT CAN X DO?

– reflections on imbalances and challenges – and solutions

The aim of the 'What can X do?' exercise is for participants to reflect in writing about the challenges of life with a chronic condition and to make suggestions for coping with them. This should not be based on participants' own experiences and their own ability to cope and change. This thus enables participants to stand back from their own problems and instead act as advisers and experts for others. Many participants, however, will probably use their own experience to provide good advice.



Allow Approximately 10 minutes for individual reflection and a minimum of 30 minutes for group dialogue



Six reflection cards for each participant
Paper and writing implements



Individual, written
Group dialogue



Link to the theory on The Balancing Person

STEP BY STEP

1. The educator introduces the aim of the exercise: To help each other with ways to cope with the challenges of living with a chronic condition.
2. Participants each receive six reflection cards with questions about challenges.
3. The educator may possibly give participants a little time to think about the six challenges, so they can jot down their thoughts either as specific advice or as bullet points. If participants do not wish to write anything down, they can think about the questions and give good advice/ ideas to the group orally.
4. Participants get at least 10 minutes to reflect about the cards and write down their thoughts.
5. The educator chooses a card and reads the problem aloud. The educator may ask whether a participant would like to give some good advice. The idea is for everyone to speak up if they wish. The group then discusses the various tips. Finally, the educator may give some good advice.
6. The process for the other reflection cards is the same.
7. The educator concludes the exercise for example by asking whether any participants are experiencing the same challenges and whether they might be able to use some of the tips.