TASK CARD

"I want to achieve ..."

"To find out what I can do to make my daily life easier..."

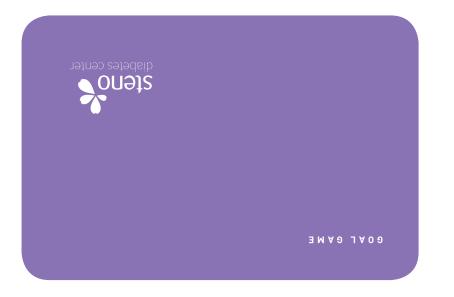
1

"To get control of my illness..."

2

"To see my relatives play an active part in my illness..."











"To have better relationships with my relatives..."

4

"To see that the group benefits from my experiences..."

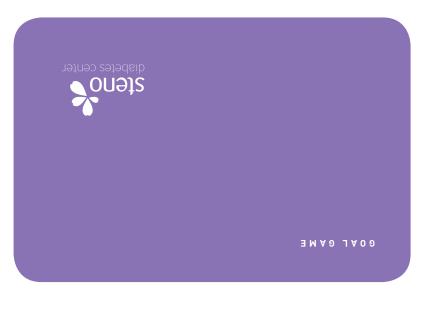
5

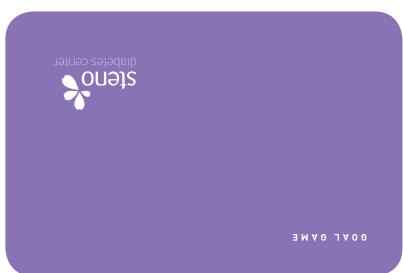
"To be able to make conscious decisions about my lifestyle..."

6

"To experience something new and exciting..."











"To experience something new and exciting..."

8

"To get over my illness..."

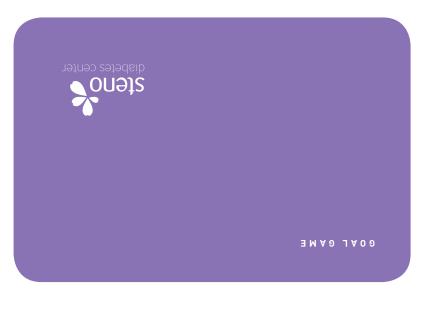
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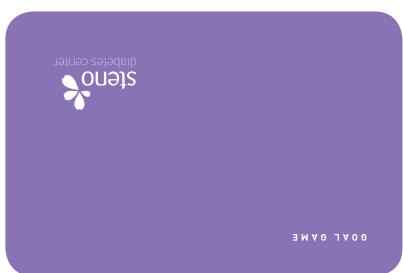
"To feel better about myself..."

10

"To be motivated to change my habits..."











''To stay in shape...''

12

"To be able to accept my situation..."

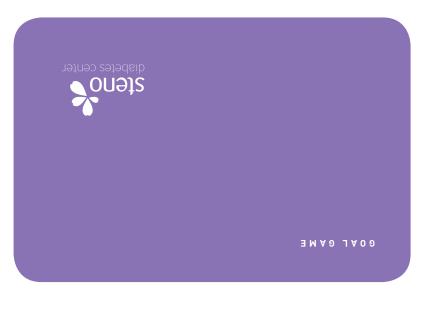
13

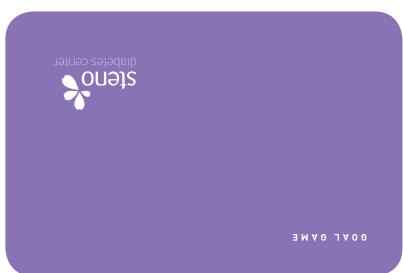
"To have more self-discipline..."

14

"To learn to speak to health care professionals ..."











"To meet new people I could see socially..."

16

"To talk to others in the same situation..."

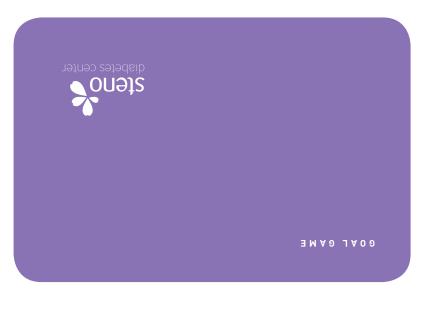
17

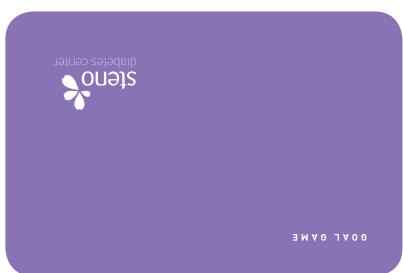
"To be inspired..."

10

"To get good specific advice..."











"To have somebody make me stick to things..."

~ ~

"To have surplus energy..."

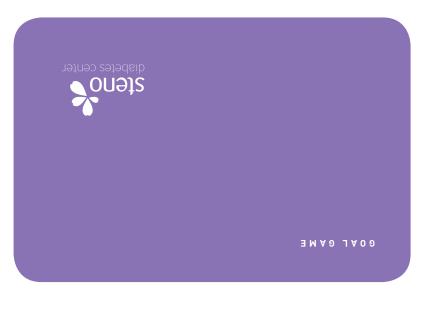
21

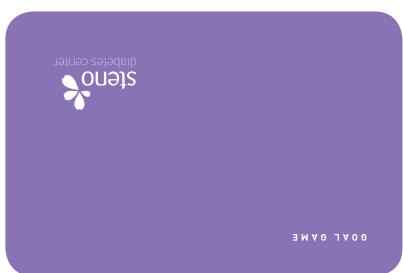
"To be told what I can do in my situation..."

22

"To learn what I can do myself to prevent complications..."











"To feel like a whole person..."

24

"To be better at saying no..."

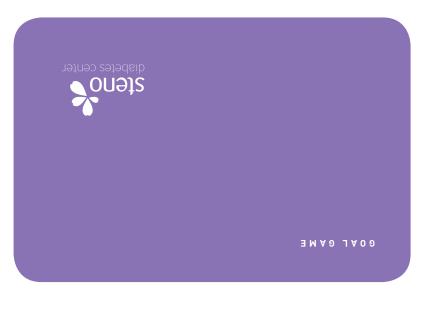
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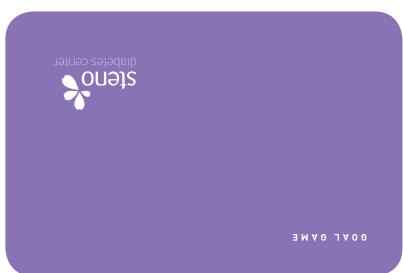
"To be able to explain my situation to those around me..."

26

"To achieve things that mean something to me..."











"To be pleased and satisfied with my life..."

28

"To feel secure in my daily life..."

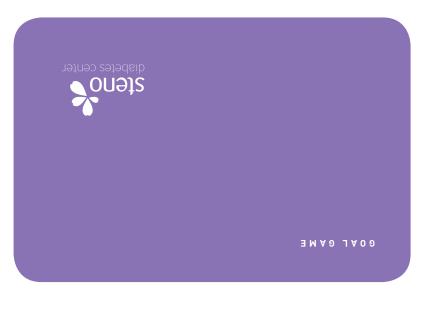
29

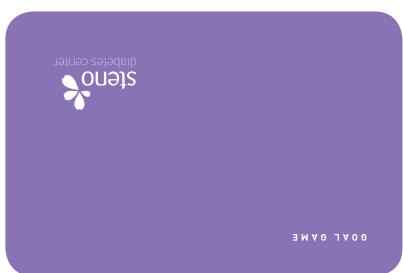
"To have the strength to make changes to my life..."

30

"To learn about my illness..."











"To get over my anxiety..."

"To take the responsibility for my illness ..."

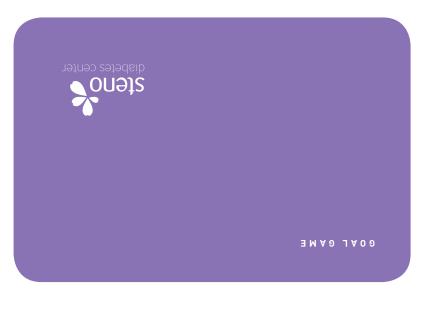
33

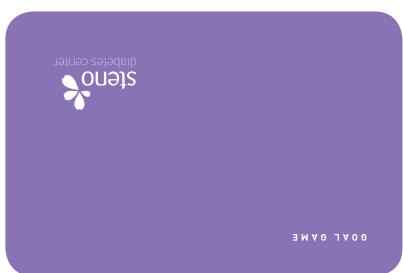
"To see things change for the better ..."

34

"To be healthier..."











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36	

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37	

**IMPORTANT** 

NOT IMPORTANT



