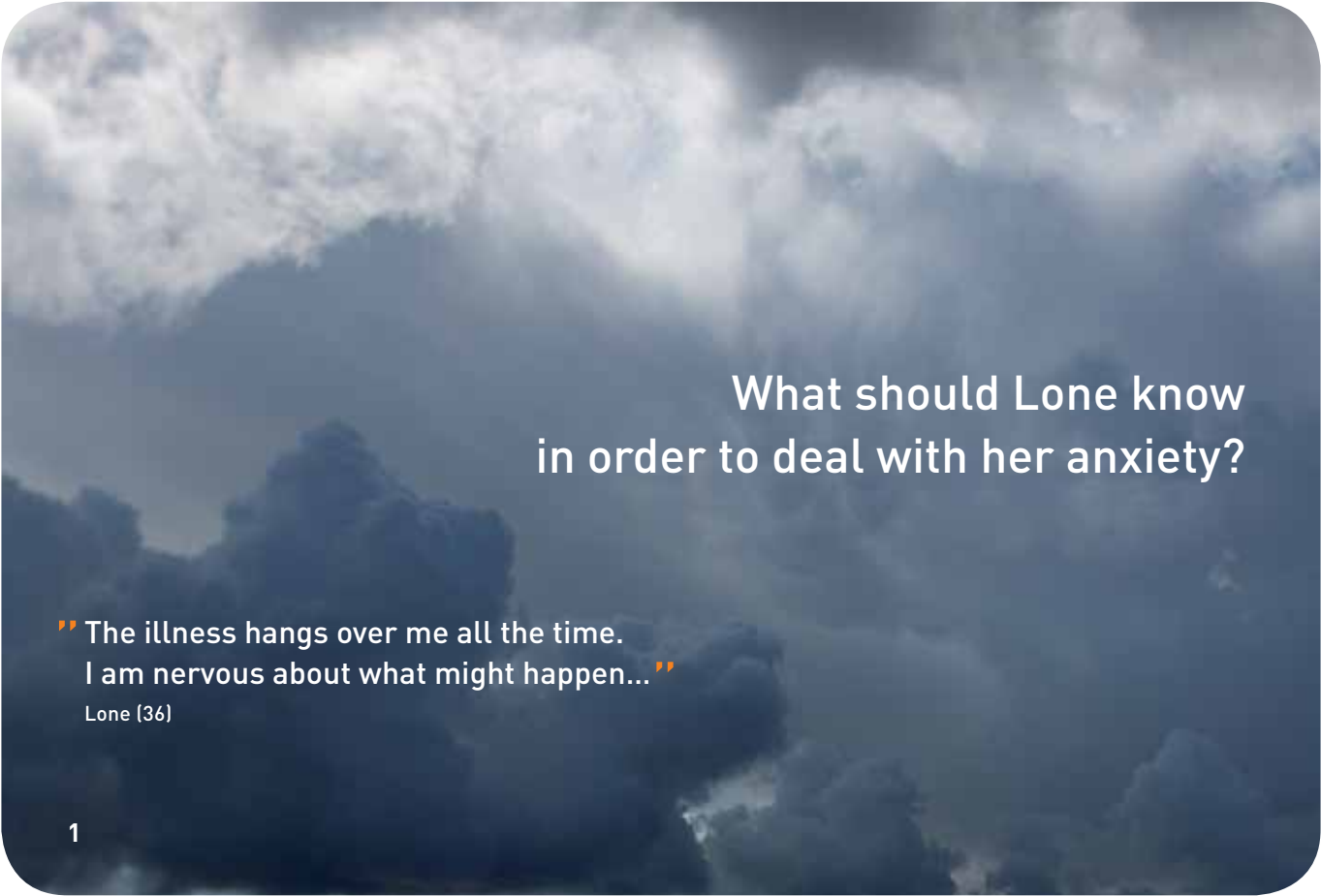


WHAT CAN X DO?



What should Lone know
in order to deal with her anxiety?

” The illness hangs over me all the time.
I am nervous about what might happen...”

Lone (36)

1



Helle feels different.
What can she do to
tackle this?

” What is most irritating about
this illness is that you cannot
be like everybody else...”

Helle (54)

2

WHAT CAN X DO?



WHAT CAN X DO?



WHAT CAN X DO?

What can Christian do to get started?

3

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

Christian (65)

How can Paul get the right support from his wife?

4

"I am tired of my wife always interfering with what I eat. Or will I be taking my bike or the car to work..."

Poul (45)

WHAT CAN X DO?



WHAT CAN X DO?



WHAT CAN X DO?

"All that business of quitting smoking...
I would like to but I feel it is
totally impossible..."

Alice (63)



What can Alice do
to quit smoking and stick to it?

5

What can Peter do to stop worrying
about taking his medicine?



"I am worried about all the medicine I take.
I actually think it can be harmful.
Perhaps I will even become hooked on it..."

Peter (61)

6

WHAT CAN X DO?



WHAT CAN X DO?

