

## Living With Physical Symptoms

Physical symptoms can affect mood, identity, relationships and everyday life.

Which symptoms affect me most at the moment?

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How do they affect everyday activities?

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How do they affect my mood?

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What do other people sometimes misunderstand?

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What helps me cope on difficult days?

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What support or adjustment would make life easier?

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What is still meaningful or enjoyable for me?

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Something I want to acknowledge about what I manage is...

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