

EXERCISE 1

Make a list of 10 or 20 (or more) people you know either at work or socially. Put yourself at the top of the list. Put the names down the left hand side of a piece of paper and make 2 columns alongside.

Then ask yourself this question:

Q. Have I ever had (or am I currently having) a healthcare challenge of one or more of the following?

Anxiety, depression, overweight, trouble sleeping, consuming too much alcohol or other substance, smoking, mental health issues, diabetes, pre-diabetes, hypertension (high blood pressure), trouble managing my internet/tech use, cancer, PTSD, trauma, gambling or risk taking? Ever worked so hard I experienced burn out (which may have included some of the above)? Or have I had a different serious healthcare challenge?

If the answer is yes to one or more then write them down against your name on the list in the first column.

Then go through the other names on the list and ask yourself if they are going through one of the above or have done in the past? If you don't know write that down. Again in column 1.

Once you have finished look at your 'don't knows'. Make a plan to ask them (if you feel you can) and to replace the 'don't knows' with the info.

Now repeat this exercise but ask the following:

Q. Has anyone close to you (family, close friend, close work colleague) ever experienced, or maybe still is experiencing, one or more of these healthcare challenges?

Again, make a plan to turn the 'don't knows' into actual information.

Then do the same for the rest of the list. Have any of them had these challenges with someone close to them?

Finally take away the 'don't knows' and look at what is left. Out of the remaining total, how many people in the list either have never had one of the healthcare challenges or have never been close to anyone who has? Never had it happen to a family member, partner or child, best friend?

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Here is what the results mean.

If between 65 to 95 % of your list have had, or are having, the experience of one of these healthcare challenges, then you are reflecting the data. Most of us have been impacted by these behavior-driven healthcare challenges at some point in our lives. Or have been impacted by someone who we have been close to.

If it is less than 65%, then you are gifted in the way you select your friends, family and/or clients. Or you do not have accurate information.

EXERCISE 2 - Part 1

This exercise asks you to evaluate someone who you know who has had a health challenge that has required a behavioral change component to be part of a recovery process.

It could be that they needed to loose weight, reduce or eliminate alcohol or other substance, actively reduce stress, take exercise and so on. It may well be more than one of these and if there are combined health challanges try to focus on one of them.

The person you select may be a friend, a colleague or even a close family member.

Note: For the purposes of this exercise please do not use yourself as an example if you have been in or are already in a recovery process.

Please do not ask any questions of the person your will use as an example for the purposes of this exercise and disclosure of their identity is not required either.

Simply make your responses below from what you know or you think you know or what you guess.

Use the following format.

Name of person:

(Please use a fictitious name here or the real name, up to you)

Male / Female:

Approx. age:

Q. What was / is their healthcare challenge?:

A. _____

(Please be sure at they are already in some kind of recovery or related process to deal with it)

Q. Approximately how long have they been in a “recovery” stage?

A. _____

Q. How would you describe their general personality?

A. _____

Q. How connected to meaning/purpose do you feel they are in their lives?

A. _____

Q. In what ways do you know this?

(I.e. what they say, how they seem generally, their attitude etc.)

A. _____

Q. What do you think or observe are the main external reasons why they are managing to develop and maintain a recovery path?

A. _____

(I.e. great medical care, therapy, financial security, close family support, community etc.)

Q. What are the key factors in their personality that they are using to keep their recovery process going?

A. _____

Q. What do you notice about their emotions?

A. _____

Q. How successful do you think they are going to be overall?

A. _____

Q. What would you like to say to them to increase their success?

A. _____

Q. Any other observations that seem important?

A. _____

EXERCISE 2 - Part 2

This exercise asks you to look at someone who you know who has a health challenge that is ***currently not being addressed***.

It may someone who you know is unhealthy or perhaps has signs of illness and ill health. They may for instance be severely overweight, clearly anxious and distressed, may be using a substance (i.e. alcohol, other drugs, pharmaceuticals) or behaviour (i.e. gambling, excessive and counter productive use of technology etc.) have Diabetes. These are just some examples. And of course there may be clusters of these kinds of challenges.

This person may be a friend, a colleague or even a close family member. *For the purposes of this exercise please do not use yourself as an example if you have been in or are already in a recovery process.*

Please do not ask any questions of the person you will use as an example for the purposes of this exercise and disclosure of their identity is not required either. Simply make your responses below from what you know or you think you know or what you guess.

Please fill in the following:

Name of person:

(Please use a fictitious name here or the real name, up to you)

Male / Female:

Approx. age:

Q. What do you think is their healthcare challenge?

(Please be sure at they are already in some kind of recovery or related process to deal with it)

A. _____

Q. What are the factors that you observe may be contributing to their health care challenge?

A. _____

Q. How would you describe their general state of health?

A. _____

Q. How would you describe their general personality?

A. _____

Q. How connected to meaning/purpose do you feel they are in their lives?

A. _____

Q. In what ways do you know this?

(I.e. what they say, how they seem generally, their attitude etc.)

A. _____

Q. What do you think or observe are the main external reasons why they are NOT managing to develop and maintain a recovery path?

A. _____

(I.e. lack of access to services, financial challenge, close family not supportive, no or challenging community etc.)

A. _____

Q. What are the key factors in their personality that may be contributing to their situation?

A. _____

Q. What do you notice about their emotions?

A. _____

Q. What do you think is going to be the outcome of their situation if they do not find a recovery to wellness path?

A. _____

Q. What is it about them that makes you think this?

A. _____

Q. What would you like to say to them to initiate recovery for them if you could?

A. _____

Q. Any other observations that seem important?

A. _____

Please make notes as necessary and keep them on file.

Please note: If you wish to complete the Part 2 - Skills of this programme the completed exercise will be needed as part of that process.