Living with a Chronic Disease

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Learning Objectives

• To understand that depression, anger, and fear are normal
• To learn how to make changes even when you are feeling overwhelmed
• To understand how to treat yourself with compassion as you adapt to the disease
• To allow challenging thoughts and emotions to be present as you fit the disease into your life
Values

- *Who* and *what* matter most to you
- What kind of person you want to be
- What you want to stand for
Mental experiences

- Thoughts
- Emotions
- Urges
- Memories
Avoidance

• Behavioral attempts to avoid our mental experiences
• Examples: sleeping, eating, drinking, using drugs, watching TV, isolating, venting, pushing through, distracting

Designed by Wakiza Gamez
Willingness

• Choosing to feel discomfort in service of values
• Showing ourselves compassion as we would a friend who is suffering
• Choosing to be present during moments of pain to more fully engage in life
Write this down!

• Imagine yourself 20 years from today. You’ve lived life just as you do now. Fill in the blanks of the following sentences:

  • I spent too much time …

  • I spent too little time …

  • If I could go back in time, I would …
Passengers on a bus