



convatec

# me +

Guiding the way to confident living  
with intermittent catheterization

## Continence Care Emotional Well-being Workbook

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This workbook has been designed to  
accompany the well-being modules,  
providing you with a space to reflect and  
follow along with the guided exercises.



# Welcome

We're delighted that you've taken this important step in navigating the journey of becoming an intermittent catheter user. At this moment, you may have a range of feelings about this, and we're here to support you in exploring them.

We recommend working through each module over at least one week, possibly two or more if you need to. Each module contains guided exercises to complete in your workbook alongside the videos.

To get the most out of the program, use the resources available and do the home practice.

While the modules are designed to be sequential, you can skip ahead to address specific needs. If you skip ahead, remember to return to the earlier modules later to get the full benefit.

## Well-being modules

- 1 Getting familiar with catheterization
- 2 Common fears & reducing pain
- 3 Enhancing life with catheterizing
- 4 Socializing & social context
- 5 Movement & catheterizing
- 6 Intimacy**
- 7 Facing your feelings
- 8 Negative thoughts & your relationship with yourself
- 9 Building confidence in yourself
- 10 Who are you now and where are you going?

## Ready, let's begin

# Daily pixel tracker

It can be helpful alongside the module reflections to recognize how you are feeling daily to track changes as you move through the program.

Simply click the emotion that represents your current mood.

There are some suggestions below but feel free to add some additional emotions in the spare boxes.

	Terrified	Anxious	Frustrated	Unsure	Ok	Relieved			
Week 1									
Mon									
Tues									
Wed									
Thurs									
Fri									
Sat									
Sun									
Week 2									
Mon									
Tues									
Wed									
Thurs									
Fri									
Sat									
Sun									







Week 3

Mon									
Tues									
Wed									
Thurs									
Fri									
Sat									
Sun									

Week 4

Mon									
Tues									
Wed									
Thurs									
Fri									
Sat									
Sun									

Week 5

Mon									
Tues									
Wed									
Thurs									
Fri									
Sat									
Sun									

Week 6

Mon									
Tues									
Wed									
Thurs									
Fri									
Sat									
Sun									

Week 7

Mon									
Tues									
Wed									
Thurs									
Fri									
Sat									
Sun									

Week 8

Mon									
Tues									
Wed									
Thurs									
Fri									
Sat									
Sun									

Week 9

Mon									
Tues									
Wed									
Thurs									
Fri									
Sat									
Sun									

Week 10

Mon									
Tues									
Wed									
Thurs									
Fri									
Sat									
Sun									



# 6

## Intimacy

This module aims to help you enhance intimacy, including sexual intimacy, as a catheter user. It will guide you in setting goals to increase intimacy with others and provide insights on whether to disclose your catheter use and how to decide who to disclose it to.

Before we get started, please fill in your pixel tracker from page 2.



### What is intimacy and why is it important?

Intimacy is the close, affectionate, and loving relationship with another person or people. There are different types of intimacy, learn more about these on-screen and then fill out the exercise below.

#### 1. Reflect on the different types of intimacy

Most important type of intimacy to you right now

Emotional	Why?
Physical	
Intellectual	

#### 2. Identify barriers

Are there specific health issues or other factors affecting your ability to experience intimacy? How?

Specific health issues	How is it affected?
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#### 3. Set goals

Based on your reflections, set one or two goals to enhance intimacy in your life. These could be small steps like initiating more conversations with a friend (intellectual intimacy) or planning a shared activity with a loved one (experiential intimacy).

#### Example goals

- Schedule a weekly catch-up call with a close friend to share thoughts and experiences
- Plan a fun outing with a partner or friend to create shared experiences

Goal	
1.	
2.	

#### 4. Monitor progress

Over the next few weeks, keep track of your efforts and note any changes in your feelings of connection and intimacy.

Week	
1.	
2.	
3.	

## Enhancing emotional and physical intimacy

Choose one of the following statements on-screen that best resonates with you and complete the corresponding exercise below.

1. I'm single and want to be emotionally intimate with people
2. I'm in a relationship and I want to be emotionally intimate with my partner
3. I'm in a relationship and I want to be physically intimate with my partner
4. I'm single and want to be physically intimate with people

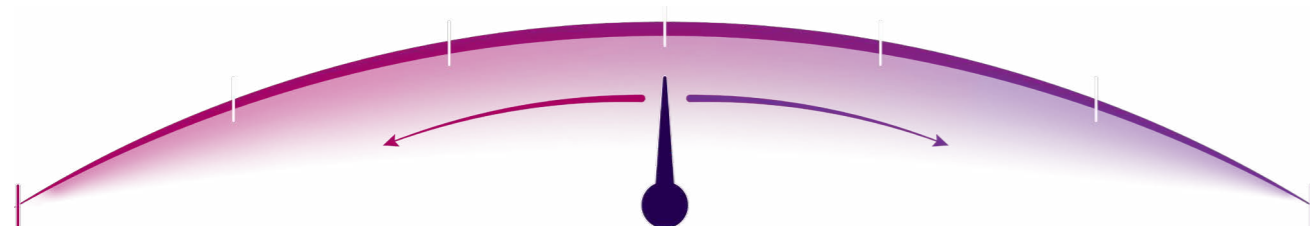
If none of them align with your situation or if you're not particularly focused on physical and emotional intimacy, feel free to skip this section.

### 1. I'm single and want to be emotionally intimate with people

Firstly, please tick on the scale of where you currently stand.

I avoid discussing my feelings or inner world with anyone

I feel comfortable sharing my emotions with trusted individuals and receive emotional support



Reflect on the following questions.

1. How do you currently experience emotional intimacy?

2. What would you need to do to enhance your emotional intimacy a little more?

3. What is your ultimate goal regarding emotional intimacy?

Think about your ultimate goals for emotional intimacy and write down your top three.

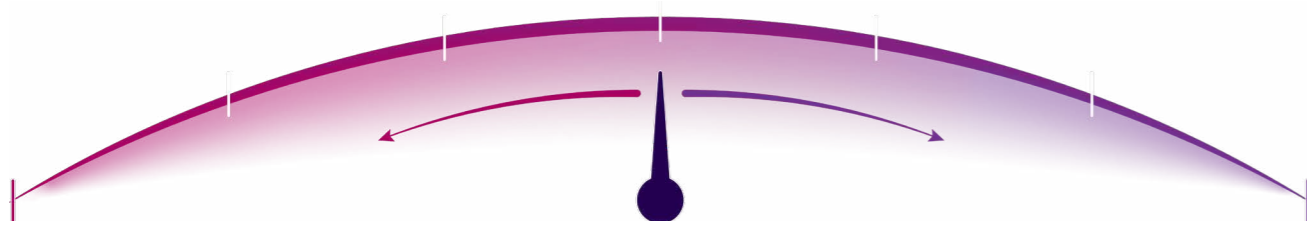
Goal	
1.	
2.	
3.	

## 2. I'm in a relationship and I want to be emotionally intimate with my partner

Firstly, please tick on the scale of where you currently stand.

I don't ever talk about my feelings or inner world with my partner

I can talk about the most vulnerable and difficult things with my partner out of choice



Reflect on the following questions.

1. Describe what emotional intimacy with your partner looks like now in as much detail as possible.

2. What would it look like to have a little more?

3. What is your ultimate goal?

Think about your goals for emotional intimacy and write down your top three.

Goal	
1.	
2.	
3.	

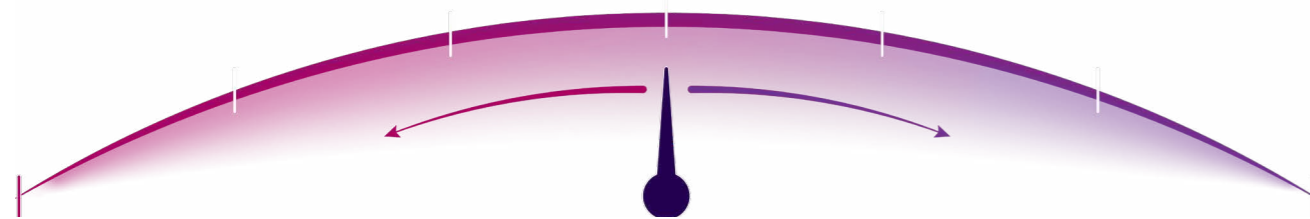


### 3. I'm in a relationship and I want to be physically intimate with my partner

Firstly, please tick on the scale of where you currently stand.

I don't ever hug my partner

We are having sex regularly



On-screen, you'll find examples of physical intimacy options.

1. Which activities from the list do you already do?

- Pat on the back
- High five
- Arm over the shoulder
- Brief hug
- Bear hug
- Kiss on the cheek
- Kiss on the mouth
- Holding hands
- Stroking
- Playfighting
- Dancing
- Lifting up
- Tickling
- Sitting on your partners lap or your partner sitting on your lap
- Lying on or being laid on
- Leaning
- Scratching

Head or shoulder rub

Feet rub

Back rub

Massaging

Caressing

Sexual touching: masturbation, oral sex, penetrative sex

See if you can both be present for those moments naturally, enjoying the sense of connection and closeness they provide.

2. Secondly, agree on what you can easily incorporate more of or add to your routine. Feel free to add details below.

Think about your goals for physical intimacy and write down your top three.

Goal	
1.	
2.	
3.	



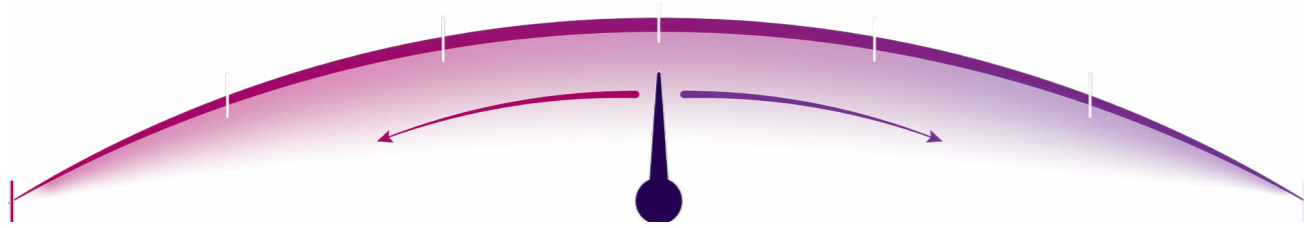


#### 4. I'm single and want to be physically intimate with people

Firstly, please tick on the scale of where you currently stand.

I rarely or never engage in physical touch like hugging

I am comfortable with both platonic and/or sexual physical touch



Reflect on the following questions.

1. How do you currently experience physical intimacy?

2. What would you need to do to enhance your physical intimacy a little more?

3. What is your ultimate goal regarding physical intimacy?

Think about your goals for physical intimacy and write down your top three.

Goal	
1.	
2.	
3.	





## Disclosing that you are a catheter user

This section aims to help you navigate the decision of disclosing catheter use to those close to you, ensuring you maintain connections, and manage your health comfortably.

After watching the videos on-screen, fill out the exercise below.

Firstly, let's start by writing down your own list to the following questions, remember there are examples on-screen to get you going.

1. Are there downsides in telling someone?

Concern	Likelihood

2. Are there downsides in not telling someone?

Concern	Likelihood

Once you have written your lists, go back and rate how likely you think each outcome is from 0-10 (10 being most likely).



Next, fill out the following sections.

### Impact assessment

1. What is the impact of others not knowing about your catheter use?

### Positive outcomes

2. Reflect on and write down what positive outcomes might come from disclosing.

### Practice disclosure

3. Write a practice script for how you might disclose this information.

4. Practice saying it out loud to get comfortable.

### Managing reactions

5. Plan how to handle negative reactions assertively.

6. Consider what boundaries you might need to set.

## Let's reflect

During module 6, we have covered what intimacy is and why it's so important, different ways to enhance both emotional and physical intimacy, and how to disclose that you are a catheter user to those close to you.

For this module's home practice, take a moment to reflect and write down any takeaways or actions below.

Key takeaways	
1.	
2.	
3.	

Is there anyone you would like to talk to about the fact that you catheterize?

Yes

No

If yes, do you want to make one of your actions around telling this person? Use the guidance in this module to help you tell this person. There is no time pressure.

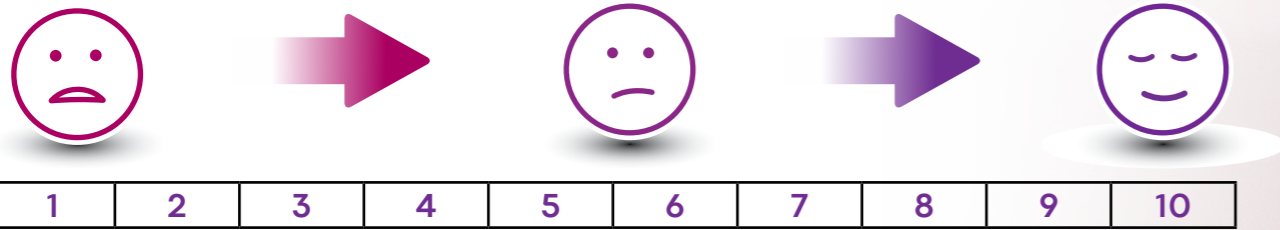
Actions	
1.	
2.	
3.	

If you have a partner, consider sharing this information with them. You can download the section on physical and sexual intimacy goals and give it to them to read. Then, set aside time to create some shared goals together.



Before you go, how are you currently feeling about catheterizing?  
Log your current rating of anxiety about catheterizing by ticking a number.

1 2 3 4 5 6 7 8 9 10



The diagram illustrates a 10-point anxiety scale. Above the scale are three faces: a sad face (1-3), a neutral face (4-6), and a happy face (7-10). Arrows point from the sad face to the neutral face, and from the neutral face to the happy face. The scale itself is a horizontal row of 10 boxes, numbered 1 to 10.

## Notes



Scan for additional resources and access to Convatec me+ Continence Care support or visit [qr.convatec.com/cc-meplus](https://qr.convatec.com/cc-meplus)







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