



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

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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

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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									



# 9 Building confidence in yourself

In this module, we'll be exploring how belief systems can intensify the impact of health challenges and increase concerns about others' opinions. This will help you understand your worries about catheterization and guide you in aligning your beliefs with your goals.

Please fill in your pixel tracker from page 2.



## Strongly held beliefs

Please put a tick in the box next to the common strongly held beliefs you identify with.

If I start something I should finish it

I should always put lots of effort into the things I do

I need to earn relaxation or pleasure

I have to do something to earn kindness and/or respect

People cannot be trusted

Things will always go wrong

## Types of beliefs

After reading through the examples in the table on-screen for the types of beliefs please fill out your own example in the table below.

Type of belief	Description	Your belief
Negative automatic thoughts	Thoughts that are experience or situation specific. They can be more easily articulated	
Rule	The underlying idea about what actions or conduct is appropriate based on the deeper assumption	
Assumption	Beliefs about how you or others should behave or how the world should be and how things are related to each other	
Core belief	Deeper generalized beliefs about yourself, others, and the world	

## Your personal rules

After listening to Sula and looking at the example, write down your own rule or assumption that you would like to adjust, and fill in your answers to the questions in each box.

Rules I have...

1 Rule and/or assumption I would like to adjust...

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2 What impact has this rule (and/or assumption) had on my life?

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3 How do I know this rule is in operation?

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4 Where did this rule (and/or assumption) come from?

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5 In what ways is this rule (and/or assumption) unreasonable?

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6 What are the advantages and disadvantages of this rule?

Advantages	Disadvantages
<hr/>	<hr/>

7 What is an alternative rule (and/or assumption) that is more balanced and flexible?

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8 What can I do to put this rule (and/or assumption) into practice on a daily basis?

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# Updating core beliefs

We're not trying to completely disprove our core beliefs; our aim is to adjust how broadly we apply these beliefs.

Reflect on your own core negative belief and your new balanced belief. Write your answers to each of the questions below.

1. Write down your negative core belief.

Rate how much you believe it (0-100%)

Now	When it's most convincing	When it's least convincing
<input style="width: 80px; height: 40px; border: 1px solid #ccc;" type="text" value="%"/>	<input style="width: 80px; height: 40px; border: 1px solid #ccc;" type="text" value="%"/>	<input style="width: 80px; height: 40px; border: 1px solid #ccc;" type="text" value="%"/>

2. Write a new balanced belief you'd like to adopt.

Rate how much you believe it (0-100%)

Now	When it's most convincing	When it's least convincing
<input style="width: 80px; height: 40px; border: 1px solid #ccc;" type="text" value="%"/>	<input style="width: 80px; height: 40px; border: 1px solid #ccc;" type="text" value="%"/>	<input style="width: 80px; height: 40px; border: 1px solid #ccc;" type="text" value="%"/>

3. Evidence for and against your old negative core belief.

Old negative core beliefs		
Evidence for		Evidence against

4. Write down the evidence for your new balanced core belief from the past/present and what to look for in the future.

New balanced core belief	
Evidence for the new balanced core belief from the past/present	What to look for in the future

Things I can do to support or gain more evidence for my new balanced core belief

5. Finally rate how much you believe both the old negative belief and the new balanced belief.

Rate how much you believe the following (0-100%)

Old negative core belief	New balanced core belief
<input style="width: 80px; height: 40px; border: 1px solid #ccc;" type="text" value="%"/>	<input style="width: 80px; height: 40px; border: 1px solid #ccc;" type="text" value="%"/>

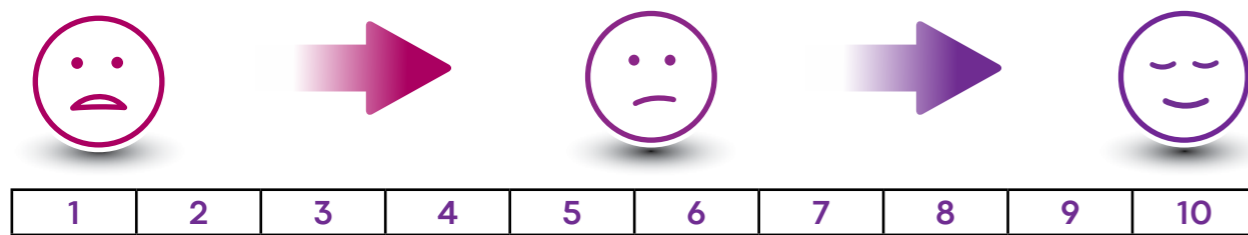


# Let's reflect

During module 9 we have covered how our beliefs can make health problems feel more overwhelming and increase our worries about what others think. By understanding these beliefs, you'll be better equipped to address your concerns about catheterization and other health issues.

This has been a big module with a lot to think about, you may want to take 2-4 weeks to keep exploring using the workbook for reflection.

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



The diagram shows a horizontal scale from 1 to 10. Above the scale are three faces: a sad face (1-4), a neutral face (5-6), and a happy face (7-10). Two arrows point from the sad face to the neutral face, and from the neutral face to the happy face.

1	2	3	4	5	6	7	8	9	10
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# Notes

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





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