

Problem solving

Your reflections:

I want to be as before!
How the future is going to be.
But understand that it is good to take one day at a time.
It's difficult.

Your goals:

- A normal social life
- More energy
- Be able to work
- Move to my new house

Difficulties:

Low energy. It's difficult not being able to do what I want; talk, read, write, find words, tolerate light and sounds, see friends, listen to music, exercise etc.

Thoughts and feelings:

How long do I have to live like this? Waiting all the time to get better.

I am a little angry about the situation. Others have boy-friends and children.
What about me? I can't work. Life has stopped.

Actions:

I try to do things that are good for me;
walk outdoors, not push myself too much (difficult), not think of all I could do before (very difficult).
Have to try to find myself again.