

What's stopping me?

Lots of things can make it harder to do what is important to you

► Look at each problem below and circle the number that's the closest fit for you:

	Not a problem					Big problem				
Smoking	😊	1	2	3	4	5	☹️			
Stress, and worry	😊	1	2	3	4	5	☹️			
Feeling low, sad, down	😊	1	2	3	4	5	☹️			
Shortness of breath	😊	1	2	3	4	5	☹️			
Being tired, no energy	😊	1	2	3	4	5	☹️			
Sleep problems	😊	1	2	3	4	5	☹️			
Pain	😊	1	2	3	4	5	☹️			
Family issues	😊	1	2	3	4	5	☹️			
Understanding my health condition(s)	😊	1	2	3	4	5	☹️			
Being able to relax	😊	1	2	3	4	5	☹️			
Being overweight	😊	1	2	3	4	5	☹️			
Money issues	😊	1	2	3	4	5	☹️			
Being active	😊	1	2	3	4	5	☹️			
Getting out and doing things that I enjoy	😊	1	2	3	4	5	☹️			
Sexual problems	😊	1	2	3	4	5	☹️			
Healthy eating	😊	1	2	3	4	5	☹️			
Work	😊	1	2	3	4	5	☹️			
Taking medicines	😊	1	2	3	4	5	☹️			
Knowing what to do when I get sick	😊	1	2	3	4	5	☹️			
Drinking too much alcohol	😊	1	2	3	4	5	☹️			
Stressful relationships	😊	1	2	3	4	5	☹️			

► *Is there anything else you would like to add?*

Show this
to your
healthcare
team!