

Pivot Behavioral Health Learn to Live

Instructions: You may have heard that your chronic health condition may never completely go away and that you may have to “learn to live with it.” Learning to live with *it* [the chronic health condition] means different things to different people. What does the phrase mean to you? Start with a first pass and list what it means to you. When you are done, try to go a bit deeper and decide what is most important to you in your life. Put a line through things on your first list that *aren’t* that important to you. Then, add things that you left off your first list that *are* important to you. If you get stuck, try to focus on the “learn to live” part of that phrase.

Date: _____

[illegible]