



SESSION TWO:

ME AND MY CONDITION

This session is designed to help you think about who you are, what your values and expectations of yourself are and how you want other people to see you.

Activity: My ID badge

During this session you can create your own ID badge and lanyard using words or images that represent how you see yourself and how you want others to see you. Think about your different roles, like being a parent, a partner, a student, a worker, etc, and how you manage them alongside your condition. Also think about your values and what is important to you, like, honesty, trust, etc. For example, you might value being there for other people and your condition might interfere with this but you can still be there for them in other ways. Your ID badge can include anything you want, like words or phrases, images or photographs.

MY ID BADGE

