

Identity Theft: Rediscovering Ourselves After Stroke **By Debra E. Meyerson, PhD with Danny Zuckerman**

Chapter 11: People are Social Animals

1. Sandberg and Grant refer to, “pre-traumatic growth”, or the concept of learning from being close to a trauma rather than actually going through one directly. (p. 137)
 - a. Have you gained any insights from your survivor’s journey that have changed you?
 - i. If so, how?
 - b. Have other people in your life shared any impacts?
 - c. If you have not yet taken the time to reflect on the experience, is this something that might be informative or helpful to you?

2. Debra writes that, “Nearly every stroke survivor I talked to had initial difficulties in rebuilding a social life” (p. 138).
 - a. Did your survivor find social interaction difficult following their stroke?
 - i. Have these feelings changed over time?
 - ii. What do you feel might make it difficult for your stroke survivor to rebuild a social life?
 - b. Did you find social interaction difficult following your survivor’s stroke?
 - i. Have these feelings changed over time?
 - ii. Have you been able to rebuild your own social life following your survivor’s stroke?
 - c. Have any foundational relationships in your personal or professional life been broken by the stroke or the realities of post stroke life for you as carepartner?
 - d. What did you and your survivor enjoy or gain from social interactions before their stroke?

- c. What are some ways to bring other carepartners together and get them to engage?
 - i. Since it may be difficult to meet in person, would you consider utilizing video meeting platforms such as Zoom or Skype?