

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

Chapter 19: Fulfillment Through Growth

1. Consider the structure of *Identity Theft*. The book begins and ends with Debra introducing herself. At its conclusion she writes “I am still me, stubborn and determined. *I am Debra Meyerson.*” (p. 223)
 - a. Do you think that Debra is still the same person?
 - i. In what ways has her identity evolved?
 - b. In *Identity Theft*, stroke is discussed as a family illness—that everyone’s identity may be impacted and changed. Would you describe yourself differently since your survivor’s stroke?
 - i. If so, how have you changed?

2. Debra chose to name the book “*Identity Theft*” very deliberately.
 - a. Do you think this was an appropriate title choice?
 - i. Why or why not?
 - b. Do you feel robbed of any aspect(s) of your identity?
 - i. If so, how?
 - ii. Have any aspects of identity been gained?
 - c. How has your survivor’s identity changed post stroke?
 - i. Do you feel any parts of your survivor’s identity have been lost?
 - ii. Have any been gained?
 - d. Think of the other survivors profiled in the book who were most successful in creating a new identity for themselves. What factors helped them?
 - e. Based on what you read, are there additional things that you might do to encourage your survivor’s progress?
 - f. Based on what you read, are there additional things that you might do to enhance your life as a carepartner?



Rebuilding Identity and Rewarding Lives

- g.** How do you hope your survivor will describe themselves in the future?
- h.** How do you hope to describe yourself in the future?