

## ***Identity Theft: Rediscovering Ourselves After Stroke***

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### **Chapter 2: Everything Can Fail**

1. Debra describes Steve’s return to work as, “a much-needed return to some normalcy for him.” (p. 24)
  - a. Are routines important to you as a carepartner?
    - i. Why or why not?
  - b. Have you been able or required to return to your old “normal”?
    - i. What has this transition been like for you?
    - ii. What has this transition been like for your survivor?
    - iii. What obstacles or benefits do you see?
  - c. How has the uncertainty surrounding stroke recovery affected you and your ability to re-engage with the important people and activities in your life?
  - d. Did you or your survivor have a sense at any point that a return to “normal” might not be possible?
    - i. What did that feel like?
2. Debra states, “In the early period after stroke, many of us struggle to process our new condition.” (p.32)
  - a. What was the early phase of recovery like for you and your survivor?
  - b. What were the predominant emotions that you felt?
  - c. Did you or your survivor have significant concerns about the risk of recurrent stroke?
3. Debra writes that, “Drawing on what I care most about, whether family or fitness or advocacy—or for many, religion or a cause—is not only a source for motivation but a way to guide my actions.” (p. 45)
  - a. How would you describe the things you cared most about before your survivor’s stroke?

- i.** What personal values did these fulfill within you?
- b.** Have the things you care most about or your priorities changed since your survivor's stroke?
  - i.** If so, how would you describe your key values now?
- c.** What other ways can you honor or express these values in your life?  
For example, if you needed to reduce your commitment to a career you enjoyed, are there other ways that you can create a similar sense of purpose?