

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

Chapter 5: The Grind of Therapy

1. Debra states that, “Because of the unpredictability, positive thinking is particularly important in stroke rehab.” (p. 62)
 - a. Has positive thinking helped your survivor make physical and/or mental health gains?
 - i. Has it helped you?
 - b. How do you support and comfort your survivor on the inevitable days when they are feeling less positive?
 - c. How do you support and comfort yourself on the inevitable days when you or your survivor are feeling less positive?
 - d. Is it difficult at times to balance staying positive for your survivor with other needs and feelings you may have as carepartner?
 - e. Does your response to questions from other people about the future change if your survivor is or is not present?
 - i. If so, how?

2. Orienting herself around Karl E. Weick’s important concept of “small wins” enables Debra and others to “battle through the grind of therapy, not just in the first year but beyond.” (p. 63)
 - a. Discuss the concept of “small wins.” Why are they so important to those in recovery?
 - b. Are there any “small wins” that your survivor has achieved during their recovery that make your survivor or you particularly proud?
 - i. Why?
 - c. Have you had any “small wins” as a carepartner that make you particularly proud?
 - i. Why?

- 3.** During her rehabilitation, Debra and Steve adopt the motto “Sometimes you have to go slow to recover fast.” (p. 64)
 - a.** How is slowing down, which feels counterintuitive to Debra, something that will help speed up her progress?
 - b.** Do you feel this applies to your survivor’s recovery?
 - c.** Do you have a motto or mantra that you like to use to keep your survivor motivated and positive during their recovery?
 - i.** If so, what is it and how is it helpful
 - ii.** Has it changed over time?
 - d.** Do you have a motto or mantra that you like to use to keep yourself motivated and positive?
 - i.** If so, what is it and how is it helpful?
 - ii.** Has it changed over time?

- 4.** Debra reinforces the notion that time for family, friends, and other activities is important to include alongside rehab. (p.64)
 - a.** Has your survivor been able to incorporate time for recreational and other activities into their life?
 - i.** If so, has this impacted you in any way?
 - b.** Have you been able to incorporate time for recreational and other activities into your own life?
 - i.** If so, is it enough?

- 5.** In reference to the often shared belief that most recovery will take place within the first 12 months following stroke,
 - a.** Do you agree with this statement?
 - i.** Why or why not?
 - b.** Reflect on progress that your survivor has made so far during recovery; what examples can you share?
 - c.** Reflect on progress you have made as a carepartner during that time;

what examples can you share?

- d.** If your survivor is at least 12 months post stroke, are you continuing to see progress?
- e.** Is it helpful to your survivor to hold the belief that recovery can continue over an extended period of time?
 - i.** Why or why not?
- f.** Is it helpful to hold the belief that recovery can continue over an extended period of time?
 - i.** Why or why not?