EXERCISE A

What is the role of wellness in your life?

As a way to begin exploring your attitudes about MS and wellness, ask yourself the following questions:

1. Do you consider yourself to be a healthy person?
   - ☐ Yes  ☐ No
   
   Please explain:
   
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

2. Do you consider yourself to be a well person?
   
   - ☐ Yes  ☐ No
   
   Please explain:
   
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

3. What role, if any, does MS play in your assessment of your own “health” or “wellness”?
   
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
4. If you do not consider yourself to be healthy and well, what would have to change in order for you to alter that opinion?

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

5. Do you believe you have control over your level of wellness?
   ○ Yes ○ No

   Please explain:
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

6. Are you ready to think about your health and wellness in broader terms than having MS?
   ○ Yes ○ No

   Please explain:
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________