



me +

Guiding the way to confident living
with intermittent catheterisation

Continence Care Emotional Wellbeing Workbook Module 8

This workbook has been designed to accompany the wellbeing modules, providing you with a space to reflect and follow along with the guided exercises.



Welcome

We're delighted that you've taken this important step in navigating the journey of becoming an intermittent catheter user. At this moment, you may have a range of feelings about this, and we're here to support you in exploring them.

We recommend working through each module over at least one week, possibly two or more if you need to. Each module contains guided exercises to complete in your workbook alongside the videos.

To get the most out of the programme, use the resources available and do the home practice.

While the modules are designed to be sequential, you can skip ahead to address specific needs. If you skip ahead, remember to return to the earlier modules later to get the full benefit.

Wellbeing modules

- 1 Getting familiar with catheterisation
- 2 Common fears & reducing pain
- 3 Enhancing life with catheterising
- 4 Socialising & social context
- 5 Movement & catheterising
- 6 Intimacy
- 7 Facing your feelings
- 8 Negative thoughts & your relationship with yourself**
- 9 Building confidence in yourself
- 10 Who are you now and where are you going?

Ready, let's continue

Daily pixel tracker

It can be helpful alongside the module reflections to recognise how you are feeling daily to track changes as you move through the programme.

Simply click the emotion that represents your current mood.

There are some suggestions below but feel free to add some additional emotions in the spare boxes.

	Terrified	Anxious	Frustrated	Unsure	Ok	Relieved			
Week 1	Mon	☹️	😞	😡	😟	😊	😌	😐	😐
	Tues	☹️	😞	😡	😟	😊	😌	😐	😐
	Wed	☹️	😞	😡	😟	😊	😌	😐	😐
	Thurs	☹️	😞	😡	😟	😊	😌	😐	😐
	Fri	☹️	😞	😡	😟	😊	😌	😐	😐
	Sat	☹️	😞	😡	😟	😊	😌	😐	😐
	Sun	☹️	😞	😡	😟	😊	😌	😐	😐
Week 2	Mon	☹️	😞	😡	😟	😊	😌	😐	😐
	Tues	☹️	😞	😡	😟	😊	😌	😐	😐
	Wed	☹️	😞	😡	😟	😊	😌	😐	😐
	Thurs	☹️	😞	😡	😟	😊	😌	😐	😐
	Fri	☹️	😞	😡	😟	😊	😌	😐	😐
	Sat	☹️	😞	😡	😟	😊	😌	😐	😐
	Sun	☹️	😞	😡	😟	😊	😌	😐	😐

8 Negative thoughts and your relationship with yourself

In this module, we'll be discussing negative thoughts and how they can affect your mood. We'll also be exploring setting some goals. Before we dive in, take a moment to reflect on your week and update your feelings log.

Before we get started, please fill in your pixel tracker on page 2.



Thought traps

1. Should thoughts
2. Black and white thinking
3. Catastrophising thoughts
4. Overgeneralising
5. Predicating the future
6. Ignoring the positive
7. Mind-reading thoughts/Self-critical thoughts

For this exercise we will be learning about each type of thought trap.

Watch Kiera while completing this task, and after identifying each type of thought trap, rate how frequently you experience each one on a scale of not at all, sometimes, quite a bit, or very often by marking your rating with a tick in the box you most closely relate to.

1. Should thoughts

Should thoughts involve expectations of ourselves or others that often are not possible and can leave us feeling disappointed or upset.

Not at all Sometimes Quite a bit Very often

2. Black and white thinking

Either things go perfectly and as we expect, or if they don't then it's not good enough.

Not at all Sometimes Quite a bit Very often

3. Catastrophising thoughts

Jumping to conclusions about future events and assuming the worst possible outcome.

Not at all Sometimes Quite a bit Very often

4. Overgeneralising

Treating one setback or negative situation as evidence for how things will always be.

Not at all Sometimes Quite a bit Very often

5. Predicating the future

Making assumptions about something negative happening before it has even happened.

Not at all Sometimes Quite a bit Very often

6. Ignoring the positive

Neglecting any positive outcome or progress that has occurred.

Not at all Sometimes Quite a bit Very often

7. Mind-reading thoughts/Self-critical thoughts

Assumptions about what others are thinking about us and negative and unkind thoughts about ourselves.

Not at all Sometimes Quite a bit Very often

Balancing the thought scale

The goal of this exercise is to challenge negative thought patterns and develop a more balanced perspective. Instead of automatically accepting your thoughts as facts, ask yourself questions to explore their validity. Use this process to reframe your thinking and gain a clearer understanding of your situation.

After watching Sally's thought process use the space below to work through your own thoughts. Review your workbook, focusing on your pixel tracker, and any fears you've had about catheterisation, identify evidence for and against it. Finally, create a balanced, alternative thought.

1. I think

I believe this X%

%

2

The evidence for this is...

3

The evidence against this is...

4. Alternative thought might be

I believe this X%

%

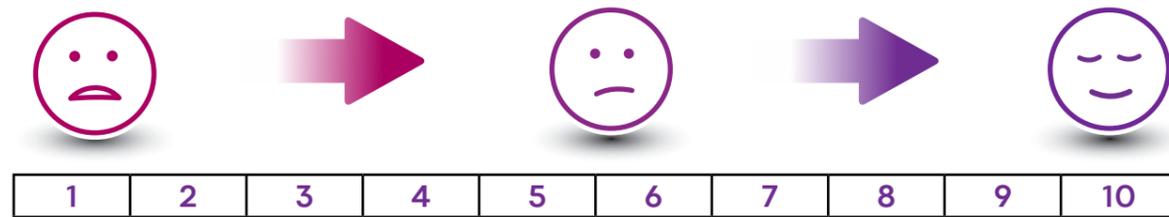


Let's reflect

During module 8 we have covered how to challenge thoughts that are unhelpful to us, different types of thought traps and the ways that we can balance the thought scale to work towards a more balanced view.

Before you go, how are you currently feeling about catheterising?
Log your current rating of anxiety about catheterising by ticking a number.

1 2 3 4 5 6 7 8 9 10



The diagram illustrates an anxiety scale. It features three faces: a sad face on the left, a neutral face in the middle, and a happy face on the right. Two arrows point from the sad face to the neutral face, and from the neutral face to the happy face. Below the faces is a horizontal scale with ten numbered boxes, from 1 to 10.

Notes

Scan for additional resources and access to Convatec me+ Continenace Care support or visit qr.convatec.com/cc-meplus





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