

Questions for Chronic Illness

1. When did you first become ill?
2. How long have you been sick and what are you dealing with?
3. Are you still able to work?
4. How do you deal with your motions when you are in pain?
5. How is your illness affecting your family?
6. Are you angry a lot?
7. Are you making any changes to your diet or lifestyle to help the healing?
8. Do you ever listen to music to relax?
9. How do you stay positive when you feel terrible?
10. Do you pray a lot?
11. Do you attend Church, Synagogue, Masque or place of worship?

12. What in your life keeps a smile on your face?

13. Are you keeping a daily journal?

14. In your situation what brings you joy?

15. Who or What is helping you to fight each day through your situation?