

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

Chapter 12: How the World Responds

1. “The world is not oriented toward accommodating those with disabilities, and there is little we can do to avoid a fairly constant barrage of insensitive actions.” But Debra also states, “We can armor ourselves: create a separation between our internal feeling of self-worth and the external world’s treatment of us.” (p. 150).
 - a. Has your survivor used armoring to maintain their sense of self-worth? Have you?
 - b. What other strategies have you and your survivor found to be helpful?
 - c. How easy or hard is it for your survivor to de-personalize interactions with others?
 - d. How do you as the carepartner help navigate these circumstances with your survivor?
 - e. Have you had situations with your survivor or others in your role as carepartner where you found it helpful to use armoring and de-personalize interactions?
 - f. Have you or your survivor found ways to educate others about stroke impacts and related sensitivities and needs?

2. Debra states that, “feeling sorry is about the situation, and feeling pity is about the person.” (p. 154)
 - a. How have people reacted to your survivor since their stroke?
 - b. How have people responded to you as you navigate your life as a carepartner?
 - c. What do you wish people understood about what it feels like to be a carepartner?