

Identity Theft: Rediscovering Ourselves After Stroke

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Chapter 13: Activities Adapted

1. Debra writes that “the activities that we fill our time with are one of the purest expressions of what we care about and how we define ourselves.” (p. 157)
 - a. What are some activities that you most enjoyed pre-stroke that are challenging to do now?
 - b. What is it about these activities that you value?
 - c. Have you explored other potential ways to fulfill these values?
 - i. Why or why not?
 - d. What are some activities that your survivor most enjoyed pre-stroke that are challenging to do now?
 - e. Have you explored with your survivor other potential ways to fulfill these values?
 - i. Why or why not?
 - f. How have activities you did together changed post-stroke? Are there new or adapted activities that might provide you with a similar sense of fulfillment? For example, if you used to bike together, is a tandem bike an option?