

## ***Identity Theft: Rediscovering Ourselves After Stroke***

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### **Chapter 17: Reclaiming the Basics**

1. Debra writes, “Recovery isn't about getting back to exactly who we were. Instead, the goal is to reclaim the pieces that mean the most to us.” (p. 195)
  - a. Has your survivor been able to reclaim meaningful pieces of their life as well as find new, meaningful pieces?
  - b. Have you been able to reclaim meaningful pieces of your life as well as find new, meaningful pieces since becoming a carepartner?
  - c. Has it been difficult to balance the needs and desires you have with those of your survivor?
    - i. Why or why not?
    - ii. Has this balance shifted over time, or might it in the future?
2. For many survivors, early recovery must focus on addressing basic skills and needs. Debra states, “The lack of clarity about the future is stressful. It becomes hard to balance acceptance of the situation with determination to push rehab hard, both of which are important.” (p. 196)
  - a. How challenging has it been for you to find a balance between a determination to push for improvements and acceptance?
  - b. How challenging has it been for your survivor to find a balance between a determination to push for improvements and acceptance?
  - c. If you and your survivor are not in the same place regarding acceptance, how does this difference impact you and your relationship?
  - d. What makes it difficult to find balance?
  - e. What helps you and/or your survivor to find balance and acceptance?