

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

### **Chapter 18: Choice in Our New Identities**

1. In describing life post-stroke, Debra mentions the Japanese art of kintsugi, where “broken pottery is repaired with gold or silver, mending the cracks.” (p. 206)
  - a. Is this a good metaphor for how Debra and many of the other survivors have approached their post-stroke life?
    - i. Why or why not?
  - b. Would you use kintsugi or a different metaphor to describe your own life post-stroke?
    - i. Your survivor’s post-stroke life?
  - c. Consider Julia Fox Garrison’s decision to celebrate her “stroke anniversary.” Does this approach resonate with you?
    - i. Why or why not?
  - d. How do you and your survivor approach the anniversary of their stroke?
  
2. Debra writes about the importance of goal setting to her recovery and her emotional well-being. (p.212)
  - a. To date, has your survivor been able to set and accomplish goals on the recovery path that they find meaningful?
    - i. What are some additional goals you would like to see your survivor address in the future?
  - b. To date, have you been able to set and accomplish personal goals in concert with your survivor’s recovery?
    - i. What are some additional goals you would like to address in the future?

- c. Have you found it challenging to set goals that are specific and realizable, especially in the context of an often uncertain stroke recovery horizon?
  - i. Why or why not?