

Ways of responding to or accepting my health condition

Type of activity	Behaviour
Surrender: ways I behave when I feel hopeless, a sense of defeat, or trapped by my symptoms	
Mitigating or managing my symptoms: ways I try to reduce the discomfort, pain and distress my symptoms cause me	
Recovery and rehabilitation; treatment activities that promote physical healing and improved functioning	
Accommodation: activities that are not focused on my symptoms or my condition but take into account the consequences for my symptoms: working with the restrictions my symptoms place on me	
Defiance or denial: activities I engage in despite the negative consequences for my condition or my symptoms	