

# EXERCISE A

## What is the role of wellness in your life?

As a way to begin exploring your attitudes about MS and wellness, ask yourself the following questions:

1. Do you consider yourself to be a healthy person?

- Yes       No

Please explain:

---

---

---

2. Do you consider yourself to be a well person?

- Yes       No

Please explain:

---

---

---

3. What role, if any, does MS play in your assessment of your own “health” or “wellness”?

---

---

---

4. If you do not consider yourself to be healthy and well, what would have to change in order for you to alter that opinion?

---

---

---

5. Do you believe you have control over your level of wellness?

- Yes       No

Please explain:

---

---

---

6. Are you ready to think about your health and wellness in broader terms than having MS?

- Yes       No

Please explain:

---

---

---