



Sharing with others

Self-management website for people who have had a stroke www.selfhelp4stroke.org

Topic 4 Emotional Support

Make your own list of likes and hates to share with others

| | I like it when | I hate it when |
|---|----------------|----------------|
| You do all the talking | | |
| You give me plenty time to answer | | |
| You take your time | | |
| You speak to me like I am 12 | | |
| You check I am understanding you | | |
| You make me laugh | | |
| You always correct me | | |
| You treat me like a grown adult | | |
| You notice when I am getting frustrated | | |
| You raise your voice and keep repeating | | |
| You reassure me | | |
| You look so impatient | | |
| You clearly understand my difficulties and adapt | | |
| You turn off background noise | | |
| You don't all speak at once | | |
| You pretend you understand me | | |

