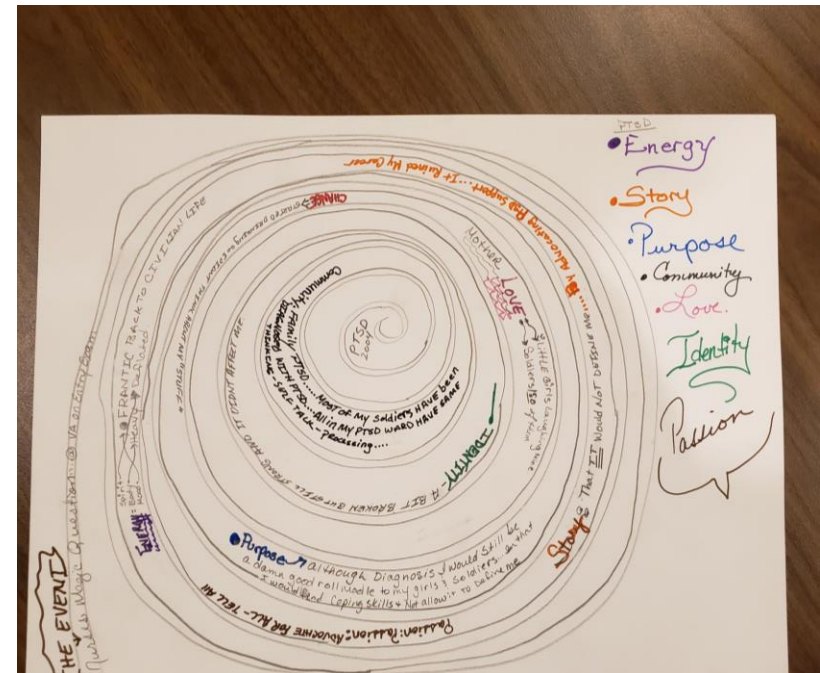
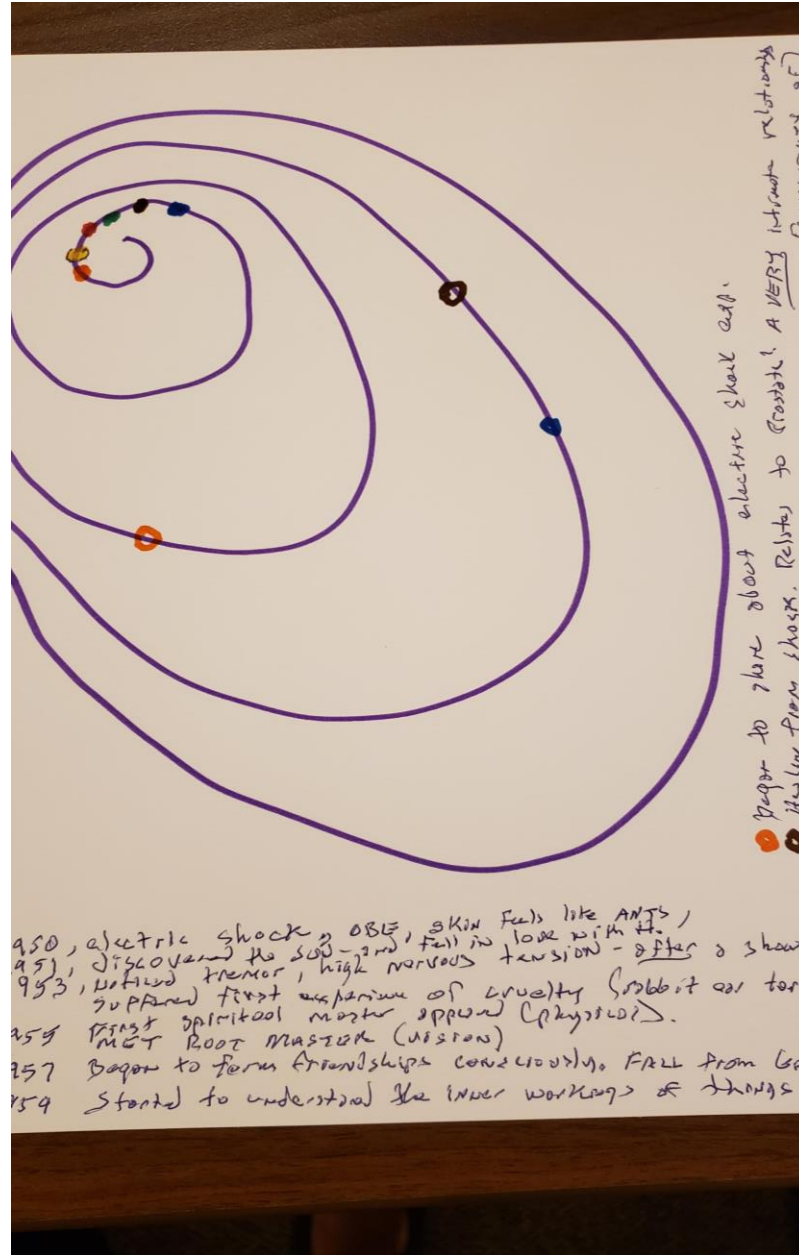
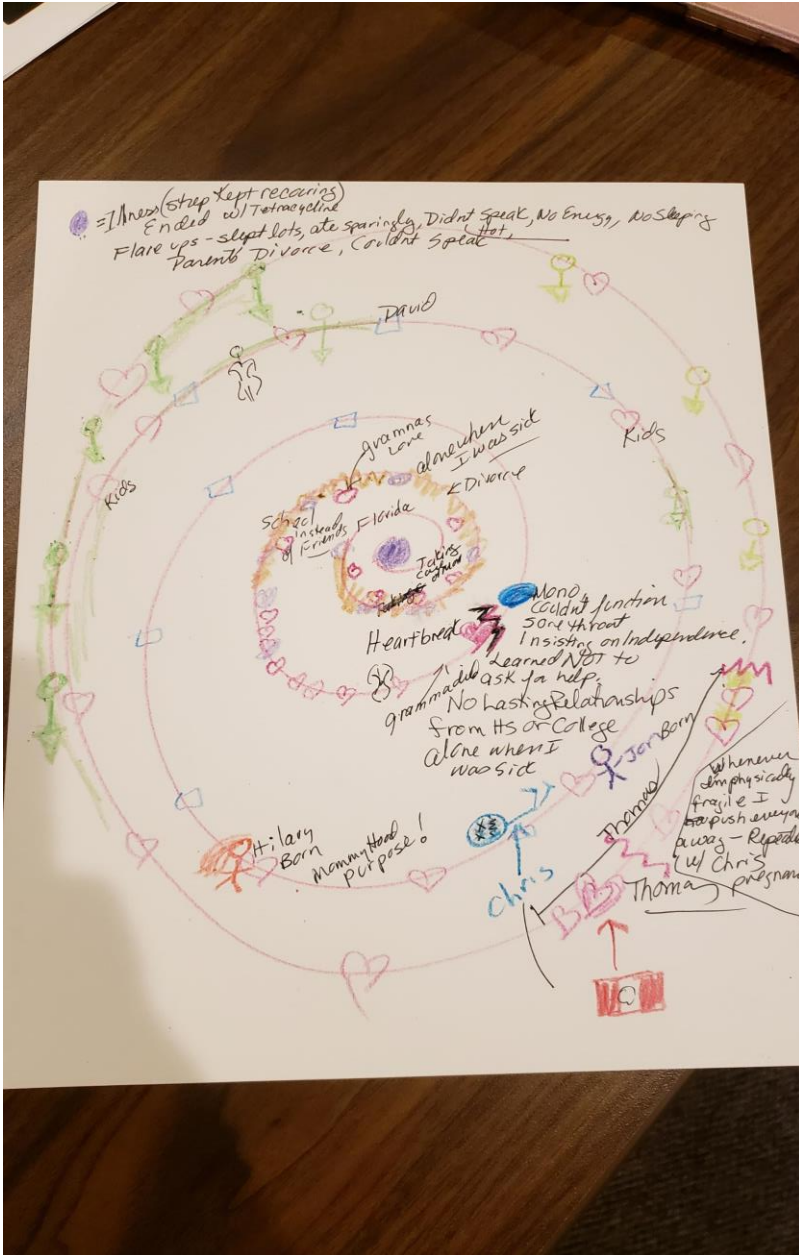


Our Health Roads



Here are some examples of what we'll be creating. You can create it however you'd like!



Draw a spiral on your paper. It will represent your road through life.

It may be helpful for you to see this spiral as representing the year prior to the problem coming into your life. You can decide if it's a longer or shorter period of time. We're going to explore what was going on during this time in your life.



Write your problem – the illness, symptoms or health concern you named on day one - in the center of the spiral. You can use words, colors, scribbles or images.

When did you notice your body physically changing?
What were the symptoms?
Put it somewhere on the spiral.





Energy

Think back to your day-to-day life.

What were you eating?

How were you moving or exercising?

How well were you sleeping?

What was your experience of sacredness and spirituality?

Put it on your spiral.





Intimacy

What was your experience of love like during this time of your life?
Your sexuality?

Did you just begin a new relationship? Or maybe a significant relationship ended?

Put it on your spiral.





Purpose

How connected were you to your
life dream or vision?

Where were you working?

Were you a student?

What activities filled
your days?

Put it on your spiral.





Story

Think about the story you tell about this health problem.

What words do you use to tell this story?

What belief was created as a result of this experience?

Put it on your spiral.





Identity

What part of you do you feel you lost because of this problem?

Did you discover something new about yourself during the experience?

Put it on your spiral.





Change

Had there been any other surgeries, illnesses, injuries, new medications or substance use prior to the problem showing up?

Did you experience any loss or trauma during this time in life?

Put it on your spiral.





Community

What was going on in your neighborhood or city? Were others experiencing the same problem?

How did culture (or political and economic realities) influence your experiences?

Did anyone in your family experience a similar problem (at some point in their life)?

Put it on your spiral.



Is there anything else you'd like to add to your spiraling health road?

Go ahead and create it as you wish!

