



# me +

Guiding the way to confident living  
with intermittent catheterisation

## Continence Care Emotional Wellbeing Workbook

---

This workbook has been designed to  
accompany the wellbeing modules,  
providing you with a space to reflect and  
follow along with the guided exercises.





# Welcome

We're delighted that you've taken this important step in navigating the journey of becoming an intermittent catheter user. At this moment, you may have a range of feelings about this, and we're here to support you in exploring them.

We recommend working through each module over at least one week, possibly two or more if you need to. Each module contains guided exercises to complete in your workbook alongside the videos.

To get the most out of the programme, use the resources available and do the home practice.

While the modules are designed to be sequential, you can skip ahead to address specific needs. If you skip ahead, remember to return to the earlier modules later to get the full benefit.

## Wellbeing modules

- 1 Getting familiar with catheterisation
- 2 Common fears & reducing pain
- 3 Enhancing life with catheterising
- 4 Socialising & social context
- 5 Movement & catheterising
- 6 Intimacy
- 7 Facing your feelings
- 8 Negative thoughts & your relationship with yourself
- 9 Building confidence in yourself
- 10 Who are you now and where are you going?

## Ready, let's begin

# Daily pixel tracker

It can be helpful alongside the module reflections to recognise how you are feeling daily to track changes as you move through the programme.

Simply click the emotion that represents your current mood.

There are some suggestions below but feel free to add some additional emotions in the spare boxes.

	Terrified	Anxious	Frustrated	Unsure	Ok	Relieved			
Week 1	Mon	☹️	😬	😞	😊	😌	😊	😬	😊
	Tues	☹️	😬	😞	😊	😌	😊	😬	😊
	Wed	☹️	😬	😞	😊	😊	😊	😬	😊
	Thurs	☹️	😬	😞	😊	😊	😊	😬	😊
	Fri	☹️	😬	😞	😊	😊	😊	😬	😊
	Sat	☹️	😬	😞	😊	😊	😊	😬	😊
	Sun	☹️	😬	😞	😊	😊	😊	😬	😊
Week 2	Mon	☹️	😬	😞	😊	😌	😊	😬	😊
	Tues	☹️	😬	😞	😊	😌	😊	😬	😊
	Wed	☹️	😬	😞	😊	😌	😊	😬	😊
	Thurs	☹️	😬	😞	😊	😌	😊	😬	😊
	Fri	☹️	😬	😞	😊	😌	😊	😬	😊
	Sat	☹️	😬	😞	😊	😌	😊	😬	😊
	Sun	☹️	😬	😞	😊	😌	😊	😬	😊





## Creating goals

To monitor your progress, **choose 1 to 3 goals** from the multiple-choice options provided below. Respond to the questions in the box corresponding to each selected goal.

### To feel confident catheterising

What would moving up these scales look like? What would you be doing differently? What would be different in your life?

### To enjoy doing things that are important to me again, without feeling held back by health

What would moving up the scale look like? What would you be doing differently? What would be different in your life?

### To process some of the health changes I have experienced so far

What would look different after processing these changes? How would you feel? What would you be doing differently? What would be different in your life?

### To feel closer to people

What would feeling closer to people change? What would you be doing with people that you are not now? How would you be feeling in relationships?

### To feel more confident in myself

What would feeling more confident in yourself look like? What would you be thinking about yourself compared to what you think now? What would you be doing that you are not doing now? What would your mood be like compared to now?

“  
We are right here,  
every step of the way,  
helping you build  
confidence  
in yourself  
”





# 1

## Getting familiar with catheterisation

This module is here to help you process your journey so far and get clear on any concerns that you might have about catheterising.

Before we get started, please fill in the pixel tracker from page 2.



### If you have concerns about catheterising, what would they be?

Please put a tick next to the answers you relate most closely to.

At the end of the programme, we'll come back to these questions, so you can keep track of your progress.

1

### If you have concerns about catheterising, what would they be?

- Pain or discomfort during catheterising
- Risk of infection
- Doing it wrong
- Not being able to go out
- Losing my independence
- Embarrassed about other people knowing I use a catheter
- Worry about becoming dependant on catheters
- Causing damage or injury
- People noticing my catheter
- Not being able to dispose of my catheter discretely
- That my catheter won't always empty my bladder fully
- Risks of long-term problems from using my catheter

2

### What best describes how you view catheterising now?

- Catheterising will make it harder for me to do what I want
- Catheterising will make it easier for me to do what I want
- Catheterising is necessary but I worry I won't be able to do it
- Catheterising could go wrong and cause complications
- Neutral

Once selected, choose your answer on the video for more information.

### Personal reflections



## Where are you on your journey?

**Let's start with telling your story.** Having the opportunity to express our story and delve into the various aspects of what's happening can help us feel calmer and gain clarity.

Take some time to think about and write down answers below.

1. What has caused you to need to catheterise?

2

Think about your journey so far. What were the hardest bits?

3. As you are here doing this programme, how are you feeling about what lies ahead?

4. Do you have any negative predictions or worries?

5. What do you feel hopeful about?

## How did it feel to catheterise for the first time?

When we feel something strongly, it can make us think that we'll never feel any different. This can cast a pessimistic view of the future and what's to come.

Watch some of the videos on-screen of people describing how they first felt when they found out they would have to catheterise.

Take a moment to reflect on the questions below.

1. How did you feel about catheterising?

2. What did you think would be hard?

3. What messages of hope would you have for people at the beginning of their journey?





## Where are you on your journey?

When things happen that disrupt our lives, it can all be very overwhelming. This exercise is designed to help you to clarify what matters to you, right now.

### Step 1: Where you are now

Identify a specific value or direction then rate out of 10 how important it is to you and then how close you are to it currently.

(1 - least important, 10 - most important)

1	2	3
Valued area	Specific valued actions or directions (Write as many as you would like)	Importance / Current
Family	e.g., to be a present and caring family member	8 / 3
Social connection	e.g., to see my friends and have good conversations	
Professional/ Job/ Work	e.g., to get pride out of my work	

## Where are you on your journey? continued...

Valued area	Specific valued actions or directions (Write as many as you would like)	Importance / Current
Personal growth	e.g., to feel open to new experiences	
Fun/Pleasure	e.g., to have some kind of fun every day	
Health/ Physical wellbeing	e.g., to take care of my body	
Spirituality / Community/ Environment	e.g., to get out in nature regularly	

## Step 2: Moving forward

Please listen to the on-screen instructions to fill out the table below.

	Value	Action
Value 1	e.g., to be a present and caring family member	e.g., to suggest a film we can enjoy as a family
Value 2		
Value 3		

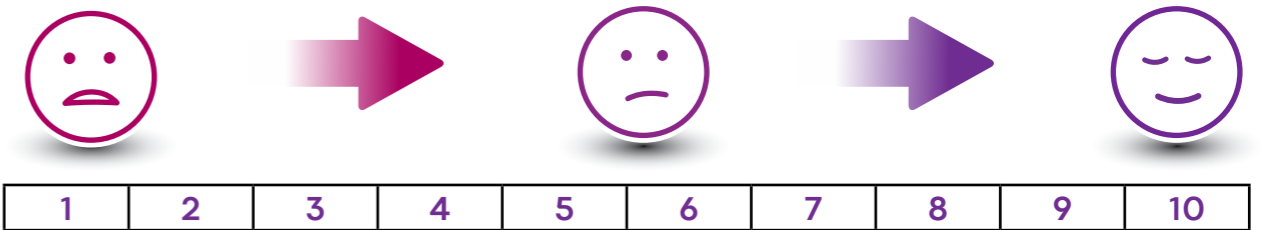
## Let's reflect

Well done, you've completed the first module.

It's now to reflect on your current thoughts and feelings.

**How are you currently feeling about catheterising?**

Log your current rating of anxiety about catheterising by ticking a number and noting your thoughts to the questions below.



How do you feel?

What are your thoughts?

Scan for additional resources and access to Convatec me+ Continence Care support or visit [qr.convatec.com/cc-meplus](http://qr.convatec.com/cc-meplus)





# 2

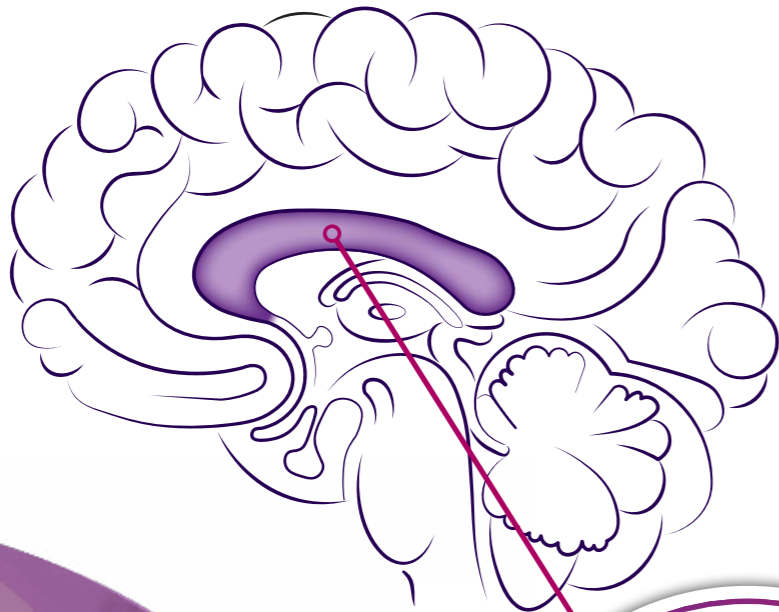
## Common fears & reducing pain

This module has been created to help you reduce your worries about catheterising and to learn different techniques to calm your mind and body during the process.

Before we get started, please fill in your pixel tracker from page 2.



In the last module, you reflected a little on your journey to this point. Now, we're going to look at the specifics of your worries and concerns about catheterising.



When we get anxious or fearful this is represented by activity in the middle of our brain.



## Getting clear on your fears

Step 1: identifying a specific worry or fear

Think about a something that worries you. Take some time to think about the following questions.

1

What do you worry will happen?

2

What can you see?

3

What do you feel?

Getting clear on your fears continued...

4

What can you imagine happening next?

5

How will that affect your day?

6

Do you worry it will have an effect for longer than one day?

7

If so, how long? What does it look like?

### Step 2: Which fear is most worrying?

Using these questions as a starting point, write down as many specific negative possibilities you can think of, which feel likely due to catheterising.

Number the negative possibilities in order of which is the most worrying (1 being the most worrying).

Negative possibilities	Order
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>



## The nervous system dial

This is the “nervous system dial,” it explains the three modes that our nervous system operates in.

Mark with a tick where you fit on the nervous dial at the moment.

1

### Red

**Sensations** = agitated, heart racing, shallow breathing, quick brain, tingling

**Emotions** = anxious, excited, rushed, urgent, stressed, determined

**Thoughts** = I need to..., I should, how do I figure this out?

2

### Purple

**Sensations** = heavy, tired, slow, full, fatigued

**Emotions** = low motivation, low, sad, guilt, numb

**Thoughts** = I can't be bothered, things can't change, I'm stuck, this will last forever

3

### Green

**Sensations** = light, energised, loose, flexible, still

**Emotions** = relaxed, calm, content, satisfied, safe

**Thoughts** = now is ok/good, I'm getting somewhere, I can do... this is enjoyable



## Practice calming the nervous system

By practicing this exercise, you will gradually get to know and understand your body better.

Try practicing this exercise at different points during the day to check-in on your body in different states.

**Now it's time to set your practice goal:** thinking about your routine write down your answers in the boxes below.

1. Are there specific times of day you could do the exercise?

2. Are there things in your routine that usually signal your body to rest, or triggers a freeze mode or fight/flight mode?

## Behavioural contract

Take some time to fill in the details below as to how often, when and how you will track your progress in your behavioural contract.

Adding a reminder to practice calming the nervous system and reviewing your progress in your calendar may be helpful.

I will practice this nervous system check-in at least \_\_\_\_\_ times every day.  
(e.g., 2)

I will practice this \_\_\_\_\_  
(e.g., when I wake-up, before catheterising, after dinner, before bed)

I will mark each completed session on my calendar and review my progress every \_\_\_\_\_  
(e.g., day of the week)



# Let's reflect

During module 2 we have learned more about behavioural experiments and techniques for calming your mind and body.

Over the next week, practice by setting up your own behavioural experiments and practising calming techniques.

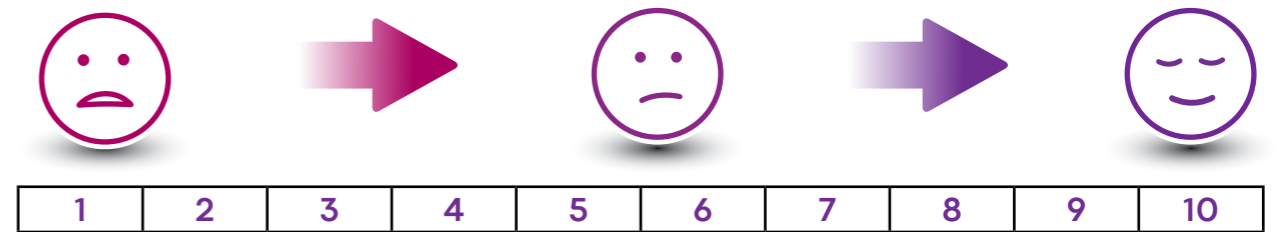
Which behavioural experiments will you set up and test out?

What skills will you use in calming your body down?

Scan for additional resources and access to Convatec me+ Continence Care support or visit [qr.convatec.com/cc-meplus](http://qr.convatec.com/cc-meplus)



Before you go, how are you currently feeling about catheterising?  
Log your current rating of anxiety about catheterising by ticking a number.



## Notes



# 3

## Enhancing life with catheterising

This module has been created to help you recognise automatic patterns that happen when you're anxious about catheterising or dealing with health issues in daily life. By identifying these patterns, you can make adjustments that build confidence and support you in doing things that are important to you.

Before we get started, please fill in your pixel tracker from page 2.



### Practical issues of catheterising

As well as worrying about the action and experience of catheterising, people often have other practical worries.

Check the box of the below statements if you have had any of these worries/concerns.

It might take me a long time to do and affect plans or days out

Will public toilets have the right facilities?

I might be delayed by toilet trips

Will I be able to dispose of my catheter discreetly?

Where will I store my catheters?

Will I be able to bring enough catheters out/ away with me?

Watch the videos on-screen to learn more about other users' practical issues and how they navigated them.

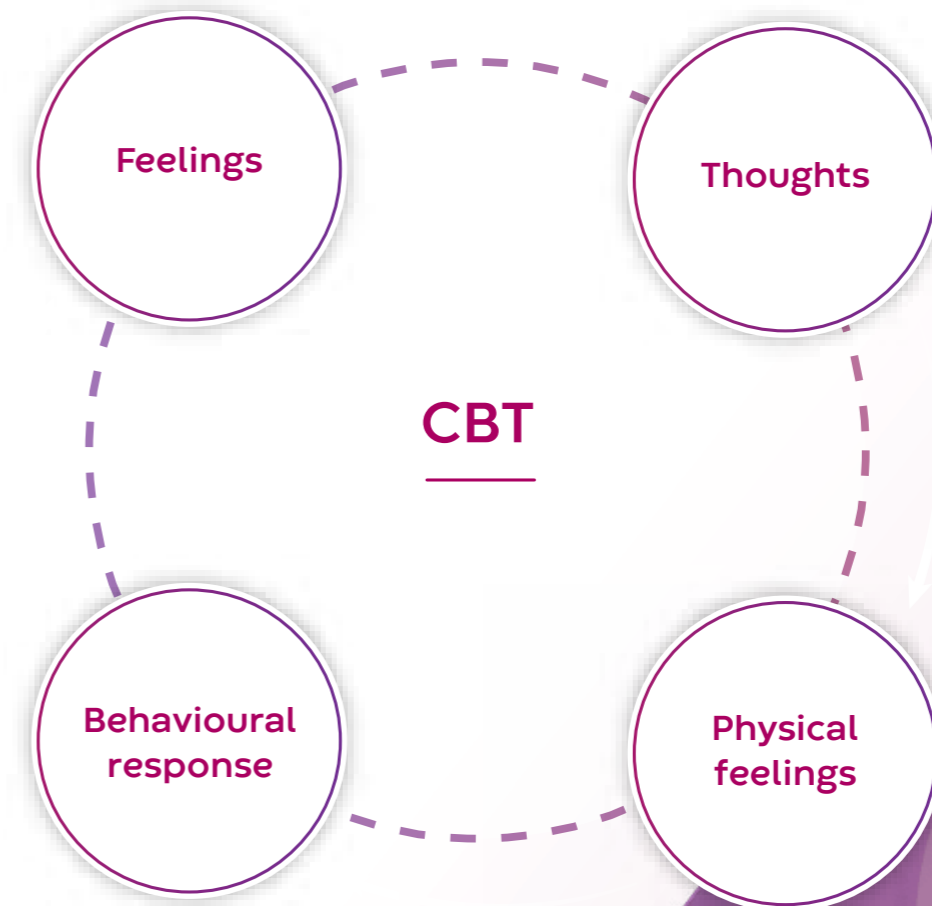
### How you respond to practical issues

When we're not already stressed or having to deal with many things, we naturally problem solve practical issues quite well. However, our brain's ability to do this is impeded when the problems are tied up with other difficulties.

### CBT framework

CBT helps to clarify how our experiences, influence our thoughts, feelings, and behaviours and how all of these elements influence each other.

Let's look at cognitive behavioural models, also known as CBT.





On the screen now, you'll be able to click through different situations and their potential CBT models.

## CBT framework

Once you have clicked through the examples on-screen answer the questions below.

- 1** Are there any of these situations you can relate to?  

---
- 2** What do you do in these situations?  

---
- 3** How does this affect your thoughts and feelings?  

---

Think about the different situations you encounter with catheterising and try out filling in your own CBT cycle.

Fill in the blanks in the cycle below.



## Safety behaviours

Safety behaviours are things that we do, designed to keep us safe from things we are worried about, but that can keep issues going in the long run.

Read the examples of safety behaviours on-screen, try to think of two examples of safety behaviours you do and then the issues these may cause and fill these out in the table below.

1

Safety behaviour	Issue

2

Safety behaviour	Issue

## Avoidance

Avoidance is where we try to escape the feared scenario or negative thing from happening. There are lots of things we might avoid when you have worries about catheterising.

Read the examples on screen and try writing down three things you may avoid.

- 1.
- 2.
- 3.

## Identifying concerns and worries

While listening to Kiera on-screen fill out the information below.

1. Get specific - what is the worry you have?

2. Now identify which category it falls under. On screen there will be examples of different types of worries.

Present worry within your control

Present worry outside of your control

Future hypothetical worry

3. If it is a worry within your control, you can then apply problem solving.

3.1

List as many solutions as you can think of to the problem

--

3.2

Pick one that feels most accessible and feasible

3.3

If you can action it straight away, do that. If you can't put in a plan and time frames of when you will

3.4

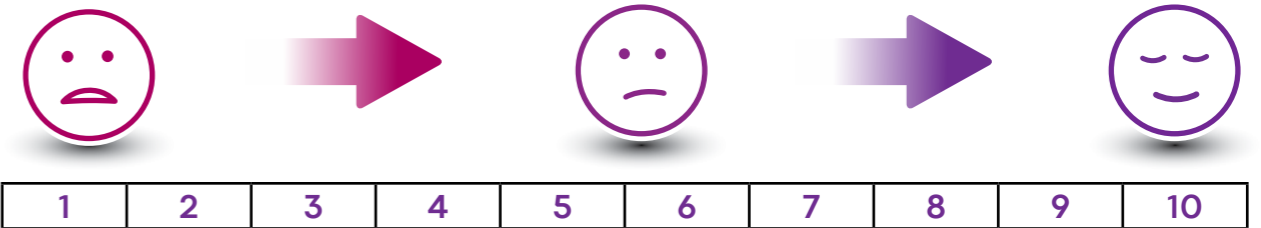
Review the outcome and see if you need to consider other solutions

If there is still something left to solve, go back to step 1

## Let's reflect

During module 3 we have learned more about safety behaviours and avoidance.

Before you go, how are you currently feeling about catheterising?  
Log your current rating of anxiety about catheterising by ticking a number.



## CBT practice

Over the next week, try to think about the different situations you encounter with catheterising.

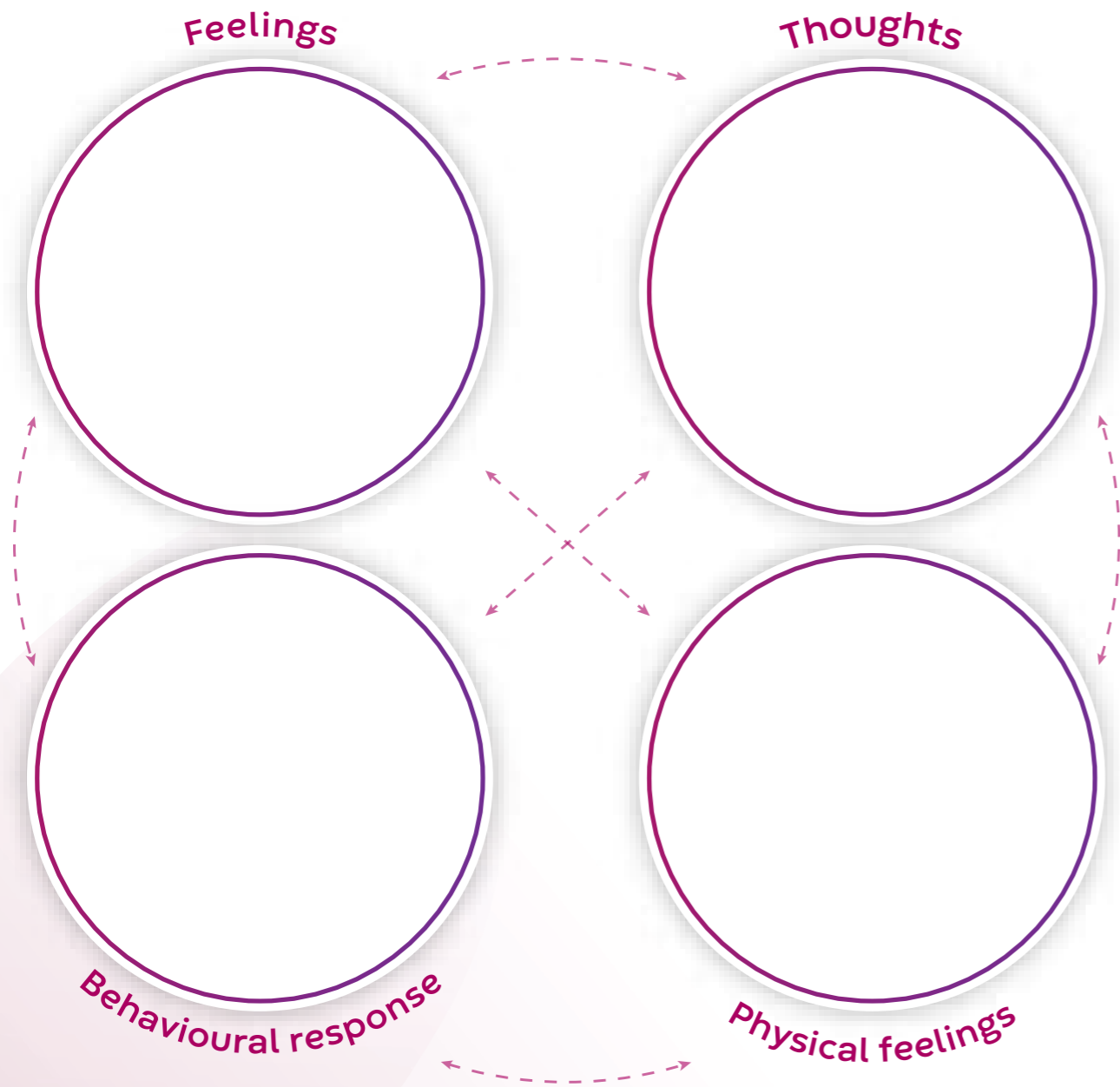
- What do you do in these situations?
- What thoughts go through your mind?
- How does that affect how you feel?

Pick 1-3 situations related to your experience of catheterisation and draw up your own CBT cycle, there are some blank CBT cycles on the page below or download on screen.

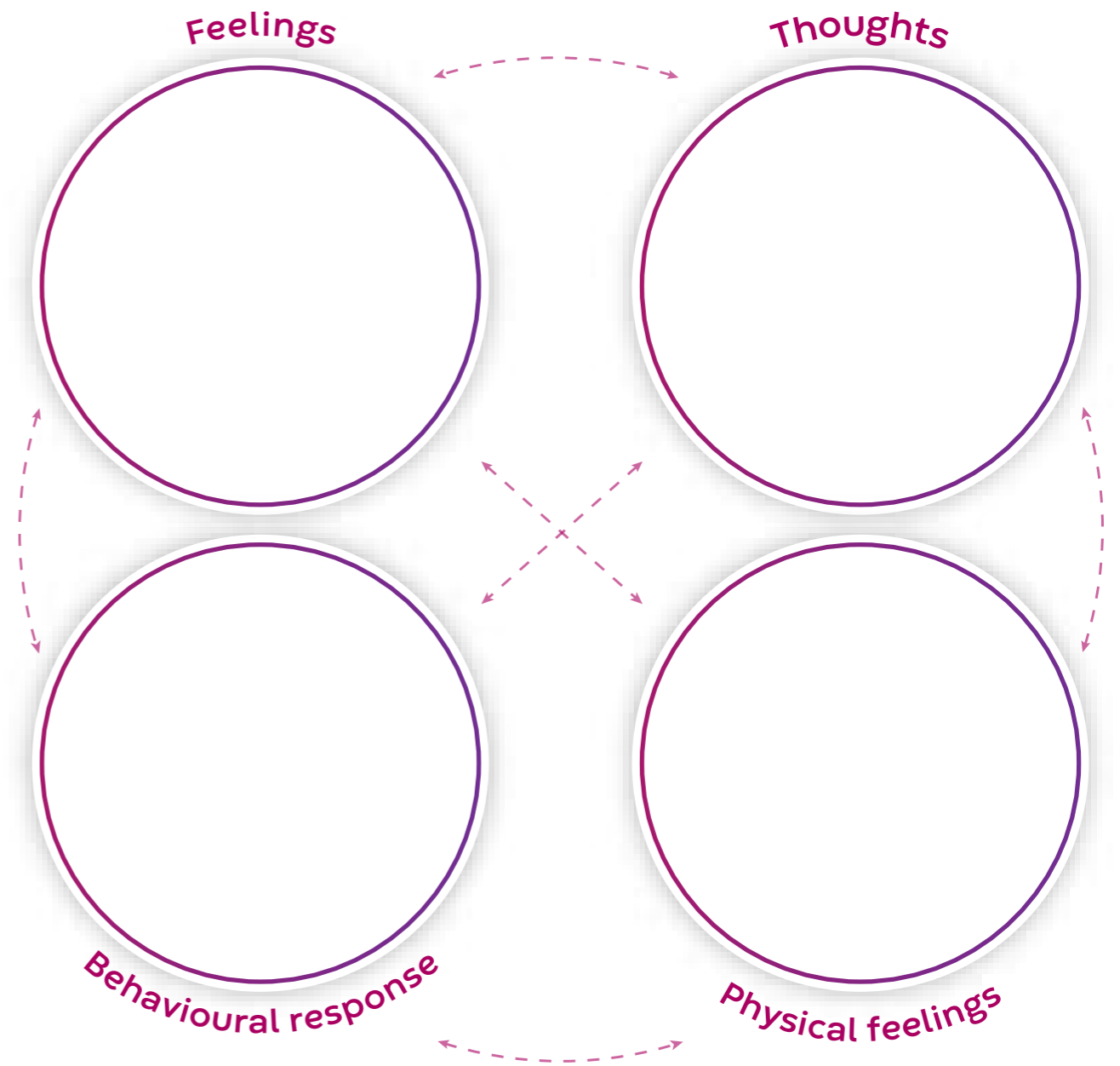


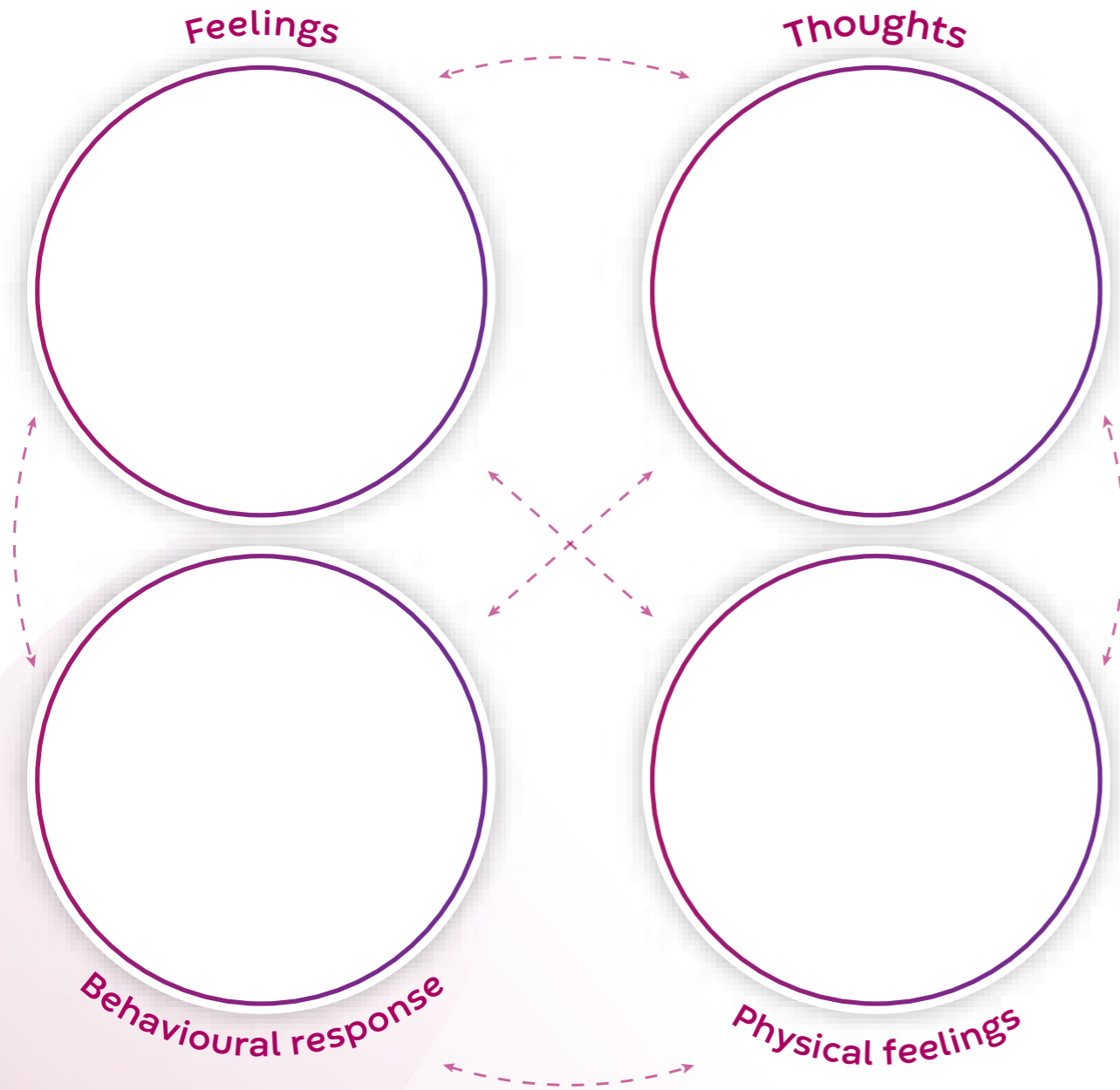


## CBT practice 1



## CBT practice 2





Scan for additional resources and access to Convatec me+ Continence Care support or visit [qr.convatec.com/cc-meplus](http://qr.convatec.com/cc-meplus)



# 4

## Socialising & social context

This module aims to get you feeling more confident in handling social situations and going out in public, as a catheter user. We are going to look at how we can prevent social concerns getting in the way of living a life that is meaningful and pleasure filled.

Before we get started, please fill in your pixel tracker from page 2.



### Common concerns

On-screen there are common concerns people have about socialising or being away from home when starting to catheterise.

Write down two concerns you may have about cathing away from home.

1.

2.

After this, please watch the videos of other users talking about their common concerns, how they coped in these situations and sharing some tips.

### Why we fear others' judgement

Humans are social by nature. We naturally want acceptance from others, so our brains are alert to signs of rejection. This feeling intensifies when we have a health issue, disability, or belong to a minority group.

## Downward arrowing

Follow along with Kiera and Sula to answer the questions below.

- 1 Write one thing you are worried about
- 2 Why does this make you worried?
- 3 Is that the worst thing?
- 4 Is there anything more?
- 5 What will it mean for you, and what will happen?



## The anxiety equation

Here's what happens when you're anxious or worried about something. Your brain overamplifies the likelihood and awfulness and underestimates your ability to cope and the resources that you have.

$$\text{Anxiety} = \frac{\text{Perceived likelihood} \times \text{Perceived awfulness}}{\text{Capacity to cope} \times \text{Resources}}$$

To tackle the social concerns, we can work on all four

1. Reduce the perceived likelihood
2. Reduce the perceived awfulness
3. Increase your confidence in your capacity to cope
4. Enhance your resources or support

Complete the content below for 1 and 3. There are videos for 2 and 4 to help you.

### 1. Feared predications behavioural experiments

Last module you were introduced to "behavioural experiments". This is something we can use here too, to help the brain update the perceived likelihood of our negative predictions.

Listen to the behavioural experiment ideas in the video. Using the principles of behavioural experiments from the last session, we can now build on these ideas by following the instructions below.

- Write your feared predictions and rate how likely they are out of 100

Feared prediction

Rating

- Set up your experiment safely and reasonably
- Conduct the experiment and get your data
- Reflect on your findings and what it means about the predictions. Re-rate them
- Repeat!

## 3. Increasing your confidence in your capacity to cope

We need to build our capacity for dealing with situations where we fear the judgment of others.

We need to make sure we understand the distinction between assertiveness, aggression/confrontation and passive aggression.

In the table below match each statement to either assertiveness, aggression/confrontation and passive aggression. Do this before carrying on with the video to check your answers.

Statement	Type of behaviour
"I appreciate I took a while. It was unavoidable. It is unfair to tut at someone when you don't know their situation."	
"What the hell are you tutting about?"	
"Thanks so much for your patience." (with irony)	

# Practicing Assertiveness log

Start with basic assertion for a week or two, then gradually practice other techniques.

Keep a log of your experiences to track progress and identify the most useful techniques.

Date / Time	Technique used	Situation and how used	Things to remember for next time
/			
/			
/			
/			
/			
/			

# Let's reflect

During module 4, we have learned more about how we can prevent social concerns getting in the way of living a life that is meaningful and pleasure filled.

It's time to practice these new skills and techniques. Decide which techniques on the screen you are going to try out.



**Imagery**



**Practicing assertiveness**



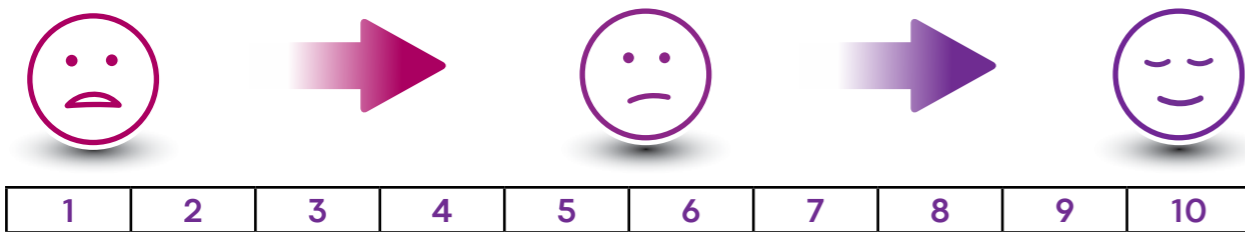
**Behavioural experiments**

When will you do this?

How often?

How will you know you've done it?

Before you go, how are you currently feeling about catheterising?  
Log your current rating of anxiety about catheterising by ticking a number.



Scan for additional resources and access to Convatec me+ Continence Care support or visit [qr.convatec.com/cc-meplus](http://qr.convatec.com/cc-meplus)



# Notes





# 5

## Movement and catheterising

This module is about feeling comfortable in your body. This is a big part of healing and building confidence. It helps you find a safe way to introduce movement into your life and recognise if you're pushing yourself too hard or holding back too much, which can keep you feeling stuck.

Before we get started, please fill in your pixel tracker from page 2.



Let's have a quick home practice check in. Which practices have you been focussing on?

Behavioural experiments - going out socialising

Behavioural experiments - tackling avoidance & safety behaviours

Calming your body down

Using assertiveness

Building your confidence with catheterising

Exploring values

1

What are your successes, or positive reflections on doing this?

2

What have been the challenges? Have you got an idea of how you can continue to work with these challenges?

### Bringing awareness

Listening to the instructions on-screen, follow along with Kiera and note down your answers to the questions below of what you have noticed.

From your feet, all the way up to your head, gradually scan with your senses.

1

Did you detect muscle tension?

2

Was your posture contorted at all?

3

Did you notice any areas of tension and rigidity?

## Movement

There are gentle ways to explore safe movements when you're unsure and lack confidence in what your body can handle safely.

Whilst listening to the video follow the steps below, noting down how you feel.

1. Choose an area of your body to move and then pick a way to move it.

Body part

Movement

2. Start slowly and gently, noticing how your muscles feel in this area and the surrounding areas.

How do your muscles feel?

3. Observe your nervous systems reaction. Does it stay calm, or does it start to get activated? Keep your breath and movement steady to maintain a calm pace.

Nervous system reaction

4. When doing this movement, how can you feel more connected to your body?

## Boom/bust & over/under-activity

Here we're going to explore a broader definition of activity, beyond just physical movement.

Based on your answer to the question in the video. Which one describes your activity pattern best? Complete the corresponding activity below.



If over-activity >

Try to identify 3-5 things that you can use to break up over-activity patterns to give your body a chance to rest.

Not all rest is the same. We can have

- physical rest
- mental rest
- sensory rest
- emotional rest

Pick a selection that applies to you and then set goals in the section below by circling the type of rest you will practice.

Physical rest	Mental rest	Sensory rest	Emotional rest
sitting	being entertained	no digital devices	being soothed by loved one/friends
lying /lounging	creating art	being in nature	doing a puzzle
napping/sleeping	cleaning/chores	quiet time on your own	playing a game
bathing	manual tasks	connecting with your body	
nourishing with food/ drink	listening to music		
chatting with loved ones	walking/ movement		

Please use the pacing diary at the end of this section to get an overview of what you do across a week or two. Capturing this detail for a consistent but short period of time, allows you to collect important data to provide a holistic picture of your health.





## If under-activity

The goal is to add more things into your day and week. We'll focus on two areas, accomplishment and pleasure.

Each day you're aiming for a mix of intentional pleasures (3-5) and remember they can be small and a similar number of accomplishment activities.

### Pleasures

- 1.
- 2.
- 3.
- 4.
- 5.

### Accomplishments

- 1.
- 2.
- 3.
- 4.
- 5.

Please use the pacing diary at the end of this section to get an overview of what you do across a week or two. Capturing this detail for a consistent but short period of time, allows you to collect important data to provide a holistic picture of your health.



## If boom/bust

To break up boom/bust cycles, the first thing you need to do is spot that you are in one.

### 1.1 week 1

Use the downloadable diary on page 46 to colour code how much energy your activities across a day are taking and how well you feel.

Please use the diary for a week then reflect on the patterns you notice.

### 1.2 week 2

Next, do the diary again on page 47, but this time sprinkle in rest to break up big blocks of orange and red activity.

Reflect on the changes it's made.

Please use the pacing diary at the end of this section (or download on-screen) to get an overview of what you do across a week or two. Capturing this detail for a consistent but short period of time, allows us to collect important data to provide a holistic picture of your health.



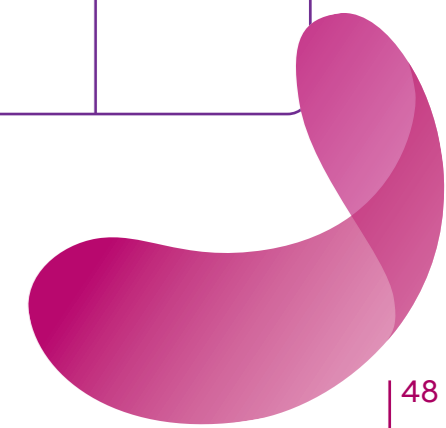
1.1 Pacing diary week 1

 <span style="margin-left: 150px;">pm</span> <span style="margin-left: 150px;">am</span>  												
Time	6 - 8	8 - 10	10 - 12	12 - 2	2 - 4	4 - 6	6 - 8	8 - 10	10 - 12	12 - 2	2 - 4	4 - 6
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												

Green  
 Lightest/relaxing activity

Yellow  
 Moderate

Red  
 Most demanding





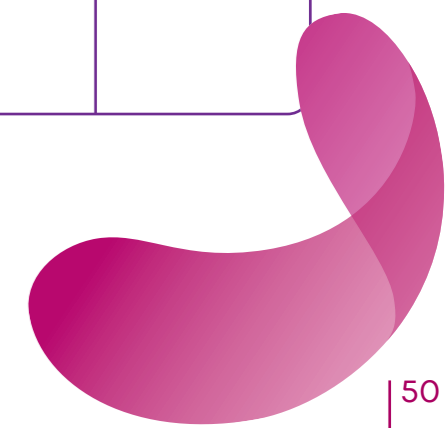
1.2 Pacing diary week 2

Time	pm						am					
	6 - 8	8 - 10	10 - 12	12 - 2	2 - 4	4 - 6	6 - 8	8 - 10	10 - 12	12 - 2	2 - 4	4 - 6
Monday	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●
Tuesday	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●
Wednesday	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●
Thursday	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●
Friday	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●
Saturday	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●
Sunday	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●	●●●

Green  
 Lightest/relaxing activity

Yellow  
 Moderate

Red  
 Most demanding



# Let's reflect

During module 5 we have learned more about pain guarding and the impact this has on our minds and body as well as the principles of over-activity, under-activity, and boom/bust.

For this module's home practice, set some goals related to your activity patterns. Take a moment to identify some goals for yourself.

Goal 1

Goal 2

Goal 3

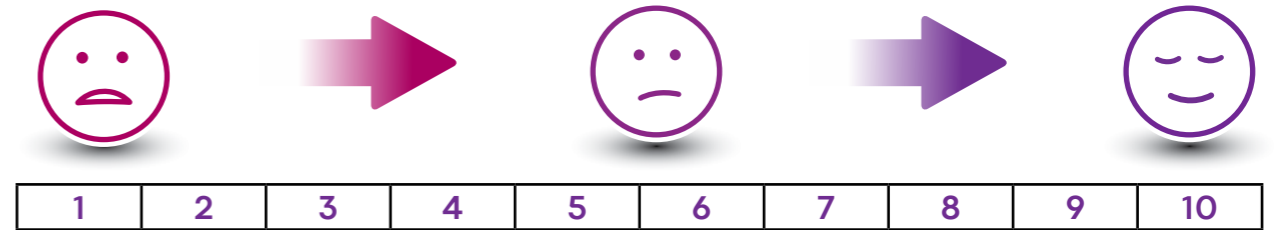
Now try and get specific. Where are you now in relation to your goal and where do you want to be?

Goal	Where are you now?	Where do you want to be?
1.		
2.		
3.		

Scan for additional resources and access to Convatec me+ Continence Care support or visit [qr.convatec.com/cc-meplus](http://qr.convatec.com/cc-meplus)



Before you go, how are you currently feeling about catheterising?  
Log your current rating of anxiety about catheterising by ticking a number.



# Notes



# 6

## Intimacy

This module aims to help you enhance intimacy, including sexual intimacy, as a catheter user. It will guide you in setting goals to increase intimacy with others and provide insights on whether to disclose your catheter use and how to decide who to disclose it to.

Before we get started, please fill in your pixel tracker from page 2.



### What is intimacy and why is it important?

Intimacy is the close, affectionate, and loving relationship with another person or people. There are different types of intimacy, learn more about these on-screen and then fill out the exercise below.

#### 1. Reflect on the different types of intimacy

Most important type of intimacy to you right now

Emotional	Why?
Physical	
Intellectual	

#### 2. Identify barriers

Are there specific health issues or other factors affecting your ability to experience intimacy? How?

Specific health issues	How is it affected?
------------------------	---------------------

#### 3. Set goals

Based on your reflections, set one or two goals to enhance intimacy in your life. These could be small steps like initiating more conversations with a friend (intellectual intimacy) or planning a shared activity with a loved one (experiential intimacy).

#### Example goals

- Schedule a weekly catch-up call with a close friend to share thoughts and experiences
- Plan a fun outing with a partner or friend to create shared experiences

Goal	
1.	
2.	

#### 4. Monitor progress

Over the next few weeks, keep track of your efforts and note any changes in your feelings of connection and intimacy.

Week	
1.	
2.	
3.	

## Enhancing emotional and physical intimacy

Choose one of the following statements on-screen that best resonates with you and complete the corresponding exercise below.

1. I'm single and want to be emotionally intimate with people
2. I'm in a relationship and I want to be emotionally intimate with my partner
3. I'm in a relationship and I want to be physically intimate with my partner
4. I'm single and want to be physically intimate with people

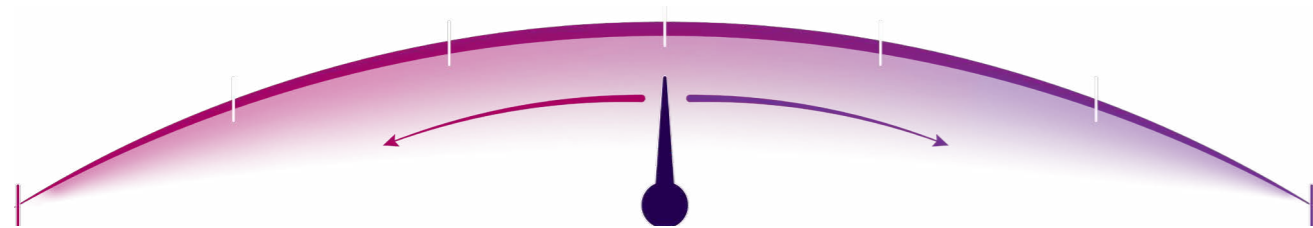
If none of them align with your situation or if you're not particularly focused on physical and emotional intimacy, feel free to skip this section.

### 1. I'm single and want to be emotionally intimate with people

Firstly, please tick on the scale of where you currently stand.

I avoid discussing my feelings or inner world with anyone

I feel comfortable sharing my emotions with trusted individuals and receive emotional support



Reflect on the following questions.

1. How do you currently experience emotional intimacy?

2. What would you need to do to enhance your emotional intimacy a little more?

3. What is your ultimate goal regarding emotional intimacy?

Think about your ultimate goals for emotional intimacy and write down your top three.

Goal	
1.	
2.	
3.	

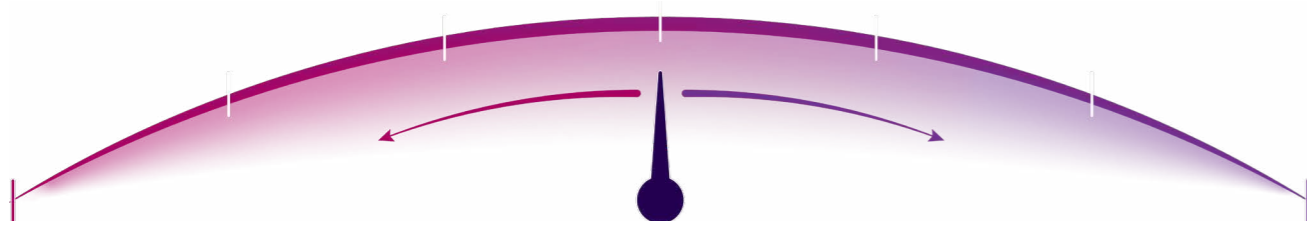


## 2. I'm in a relationship and I want to be emotionally intimate with my partner

Firstly, please tick on the scale of where you currently stand.

I don't ever talk about my feelings or inner world with my partner

I can talk about the most vulnerable and difficult things with my partner out of choice



Reflect on the following questions.

1. Describe what emotional intimacy with your partner looks like now in as much detail as possible.

2. What would it look like to have a little more?

3. What is your ultimate goal?

Think about your goals for emotional intimacy and write down your top three.

Goal	
1.	
2.	
3.	

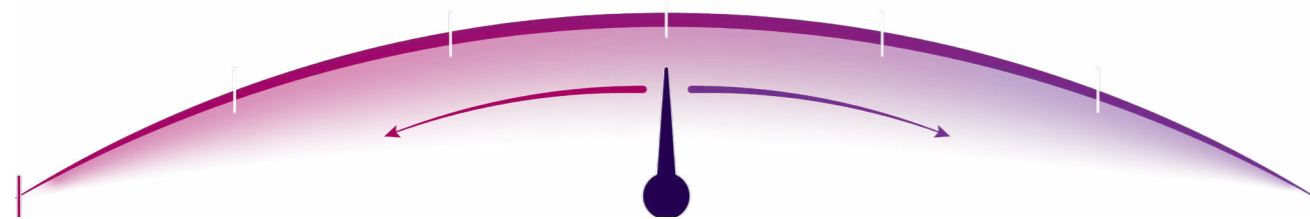


### 3. I'm in a relationship and I want to be physically intimate with my partner

Firstly, please tick on the scale of where you currently stand.

I don't ever hug my partner

We are having sex regularly



On-screen, you'll find examples of physical intimacy options.

1. Which activities from the list do you already do?

- Pat on the back
- High five
- Arm over the shoulder
- Brief hug
- Bear hug
- Kiss on the cheek
- Kiss on the mouth
- Holding hands
- Stroking
- Playfighting
- Dancing
- Lifting up
- Tickling
- Sitting on lap or your partner sitting on your lap
- Lying on or being laid on
- Leaning
- Scratching

Head or shoulder rub

Feet rub

Back rub

Massaging

Caressing

Sexual touching: masturbation, oral sex, penetrative sex

See if you can both be present for those moments naturally, enjoying the sense of connection and closeness they provide.

2. Secondly, agree on what you can easily incorporate more of or add to your routine. Feel free to add details below.

Think about your goals for physical intimacy and write down your top three.

Goal	
1.	
2.	
3.	

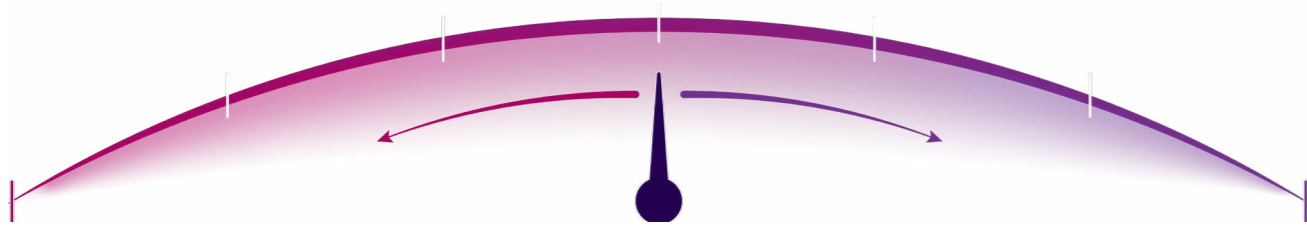


#### 4. I'm single and want to be physically intimate with people

Firstly, please tick on the scale of where you currently stand.

I rarely or never engage in physical touch like hugging

I am comfortable with both platonic and/or sexual physical touch



Reflect on the following questions.

1. How do you currently experience physical intimacy?

2. What would you need to do to enhance your physical intimacy a little more?

3. What is your ultimate goal regarding physical intimacy?

Think about your goals for physical intimacy and write down your top three.

Goal	
1.	
2.	
3.	



## Disclosing that you are a catheter user

This section aims to help you navigate the decision of disclosing catheter user to those close to you, ensuring you maintain connections, and manage your health comfortably.

After watching the videos on-screen, fill out the exercise below.

Firstly, let's start by writing down your own list to the following questions, remember there are examples on-screen to get you going.

1. Are there downsides in telling someone?

Concern	Likelihood

2. Are there downsides in not telling someone?

Concern	Likelihood

Once you have written your lists, go back and rate how likely you think each outcome is from 0-10 (10 being most likely).





Next, fill out the following sections.

### Impact assessment

1. What is the impact of others not knowing about your catheter use?

### Positive outcomes

2. Reflect on and write down what positive outcomes might come from disclosing.

### Practice disclosure

3. Write a practice script for how you might disclose this information and practice saying it out loud to get comfortable.

4. Practice saying it out loud to get comfortable.

### Managing reactions

5. Plan how to handle negative reactions assertively.

6. Consider what boundaries you might need to set.

## Let's reflect

During module 6, we have covered what intimacy is and why it's so important, different ways to enhance both emotional and physical intimacy, and how to disclose that you are a catheter user to those close to you.

For this module's home practice, take a moment to reflect and write down any takeaways or actions below.

Key takeaways	
1.	
2.	
3.	

Is there anyone you would like to talk to about the fact that you catheterise?

Yes

No

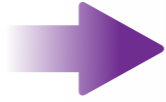
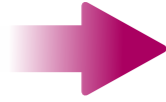
If yes, do you want to make one of your actions around telling this person? Use the guidance in this module to help you tell this person. There is no time pressure.

Actions	
1.	
2.	
3.	

If you have a partner, consider sharing this information with them. You can download the section on physical and sexual intimacy goals and give it to them to read. Then, set aside time to create some shared goals together.



Before you go, how are you currently feeling about catheterising?  
Log your current rating of anxiety about catheterising by ticking a number.



1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

## Notes



Scan for additional resources and access to Convatec me+ Continence Care support or visit [qr.convatec.com/cc-meplus](https://qr.convatec.com/cc-meplus)





# 7

## Facing your feelings

This module highlights the importance of understanding and managing your emotions. Many people aren't taught why this is important or how to do it. By exploring this, you'll learn how handling your emotions can help you reach your goals in this programme.

Before we get started, please fill in your pixel tracker from page 2.



### How are you feeling today?

Please describe.

Select all the emotions that apply to you.

Good

Bad

Curious

Interested

Low

Stressed

Bored

Overwhelmed

Motivated

#### 1. Identifying emotions

1.1

Think of a recent time when you felt a strong emotion.

Describe what happened

1.2

What emotion did you feel?

Example: happiness, anger, sadness

1.3

Did you notice any physical sensations?

Example: tight chest, butterflies in stomach

#### 2. Recognising moods

2.1

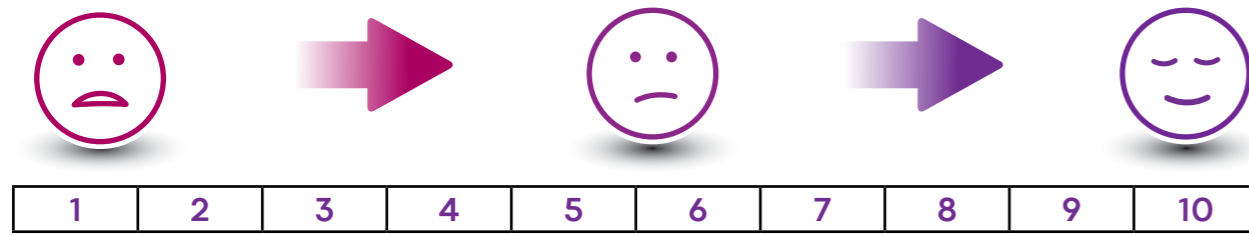
How has your mood been over the past week?

2.2

What might have influenced your mood?

Example: stress, good news

2.3 Rate your mood from 1 to 10.



(1 = very low, 10 = very high) circle the number in the box.

### 3. Exploring different feelings

3.1

Recall a time when you had mixed feelings.

Describe the situation

3.2

List the different emotions you felt.

Example: anxious, excited

3.3

How would you sum up these feelings?

Example: I felt excited but anxious

## Emotional coping styles

We all cope with emotions differently. Understanding whether you use approach or avoidant strategies can help you manage your emotions more effectively.

- **Approach** = acknowledging emotions and using strategies to regulate them
- **Avoidant** = escaping or denying emotions

Complete the example below to help identify your current emotional coping style and how we might explore new strategies.

Think about a recent emotional experience.

1. What emotion did you feel?





2. Which coping strategies did you use? Using the check boxes, select all that apply.

**Approach**

- Labelling emotions
- Expressing feelings
- Making intentional choices (e.g., exercise, relaxation)
- Practicing mindfulness
- Using cognitive reappraisal
- Problem-solving

**Avoidant**

- Ignoring emotions
- Distracting through busyness or entertainment
- Numbing with substances (e.g., alcohol, drugs)
- Suppressing or pushing down feelings
- Withdrawing from others and situations
- Intellectualising (overthinking emotions)

3. How did these strategies affect your emotions? Did they help or hinder you?

**Exploring new ways of coping**

1. Choose one **avoidant** style from the list you often use.

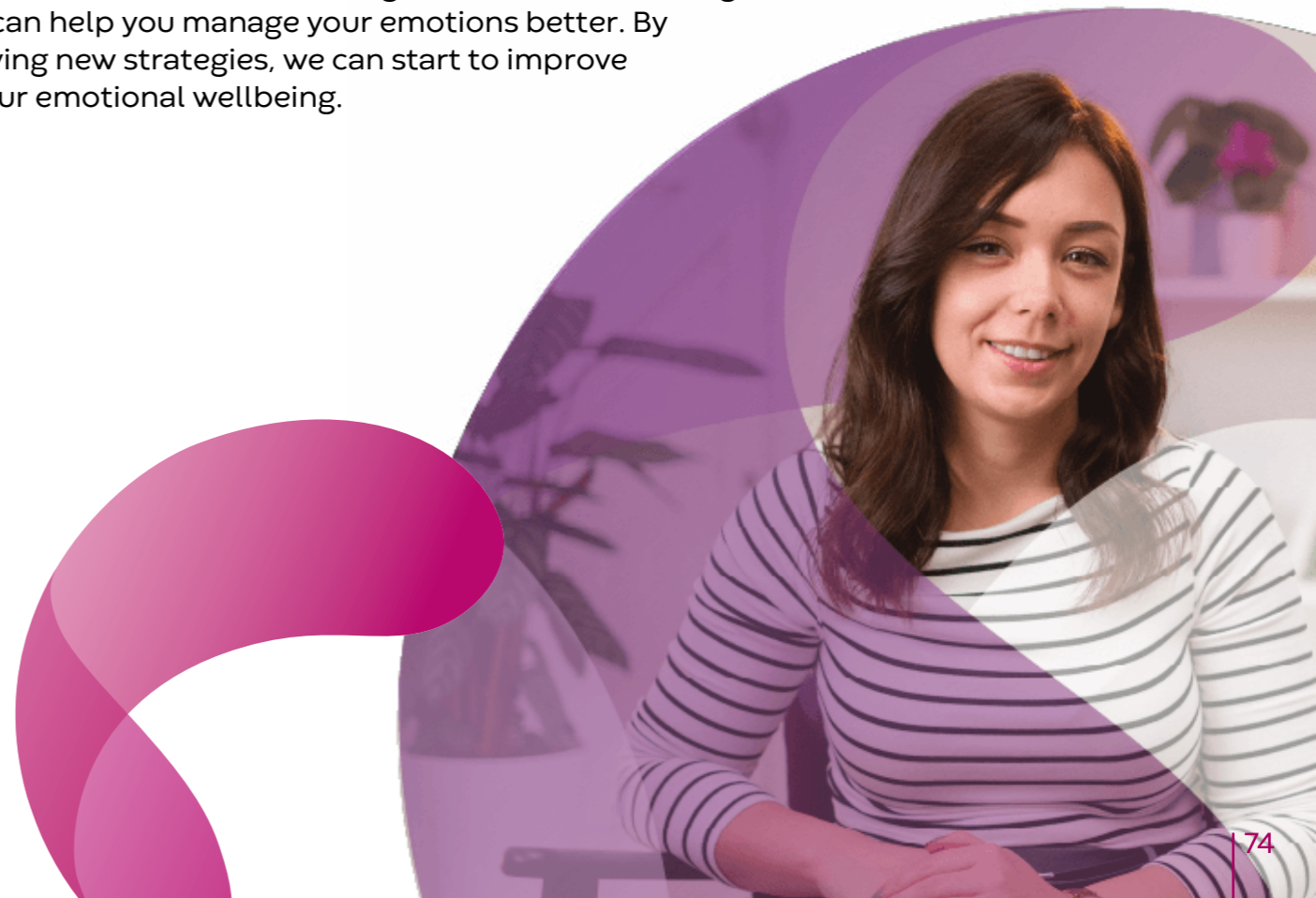
- Ignoring emotions
- Distracting through busyness or entertainment
- Numbing with substances (e.g., alcohol, drugs)
- Suppressing or pushing down feelings
- Withdrawing from others and situations
- Intellectualising (overthinking emotions)

2. Choose an **approach** styles from the list you could try instead.

- Labelling emotions
- Expressing feelings
- Making intentional choices (e.g., exercise, relaxation)
- Practicing mindfulness
- Using cognitive reappraisal
- Problem-solving

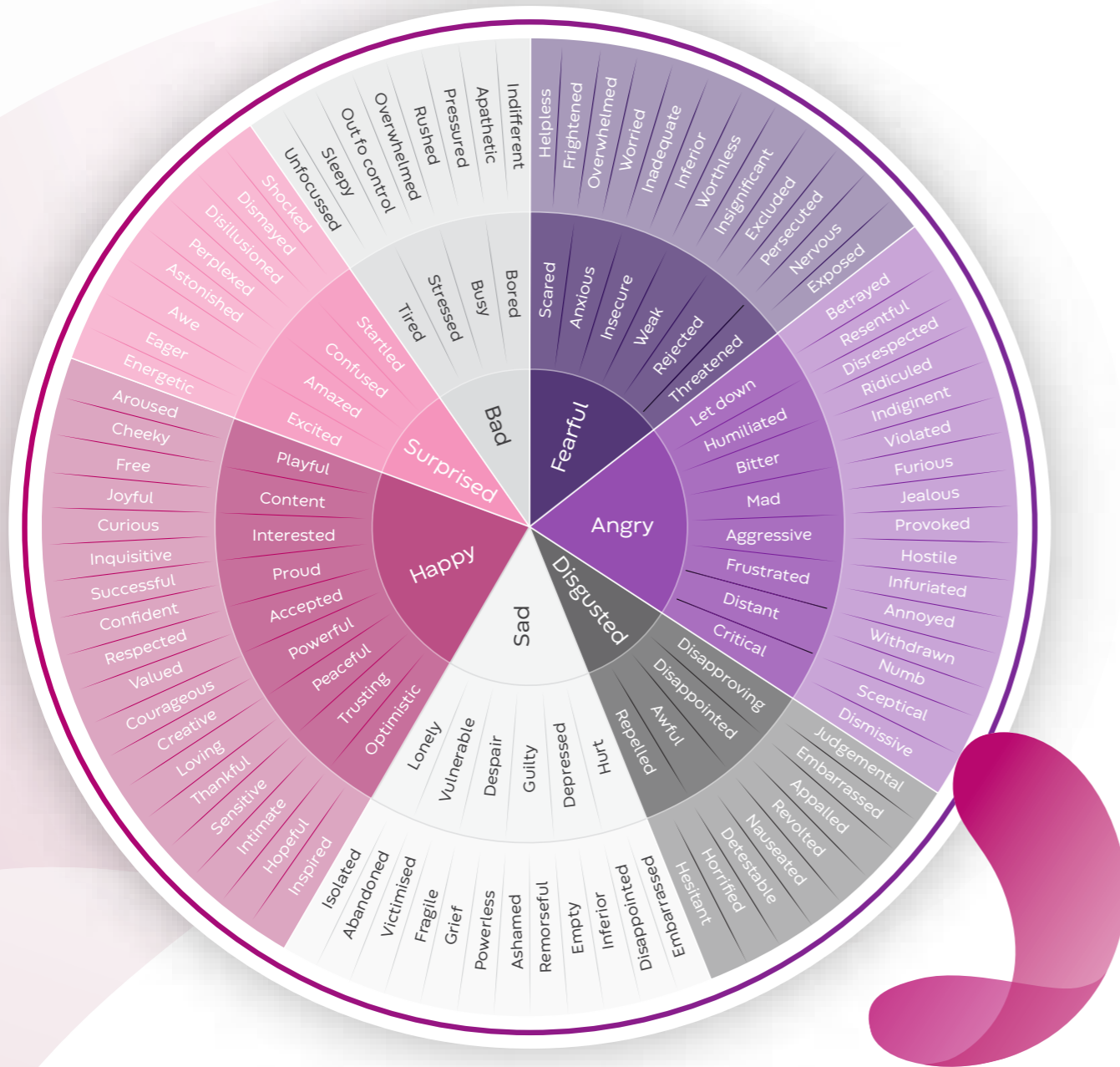
3. Plan a situation where you can use this new coping style.

Great work, by understanding your emotional coping styles it can help you manage your emotions better. By trying new strategies, we can start to improve your emotional wellbeing.



# Spotting emotions

## The emotion wheel



### Using the emotion wheel

In the centre there are 7 basic emotions. You can use this to guide you to identify more specific emotions you are feeling.

1. Look at the centre of the wheel to find basic emotions like happiness, surprise, fear, anger, disgust, and sadness.

Place a tick in the table below against the basic emotion you are feeling right now.

Happy    Surprised    Bad    Fearful    Angry    Disgusted    Sad

2. Move outward to identify more specific emotions related to these basic feelings.

Write down which specific emotion(s) you are feeling in the second layer of the wheel.

- 
- 
- 
- 
- 

3. Select the emotion(s) that best match what you're currently feeling.

Using the outer layer of the wheel identify which emotion best describes your feelings right now.

Feel free to jot down any additional thoughts or reflections.

3.1

What might be causing these feelings?

3.2

How do these emotions affect your thoughts and actions?

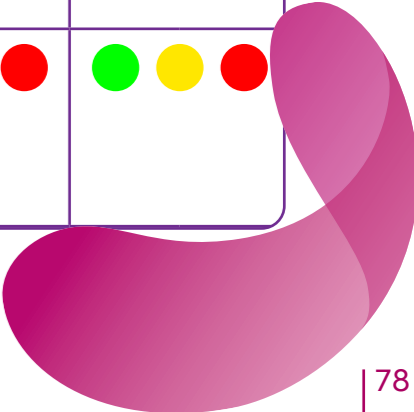
3.3

Is there a strategy you can use to cope or make the most of these feelings?

# Noticing your emotions

Using a pacing diary to track your emotions at different points in the day can help you build emotional awareness. You can click for a recap on-screen on how to use your pacing diary.

Time	pm						am					
	6 - 8	8 - 10	10 - 12	12 - 2	2 - 4	4 - 6	6 - 8	8 - 10	10 - 12	12 - 2	2 - 4	4 - 6
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												



# Let's reflect

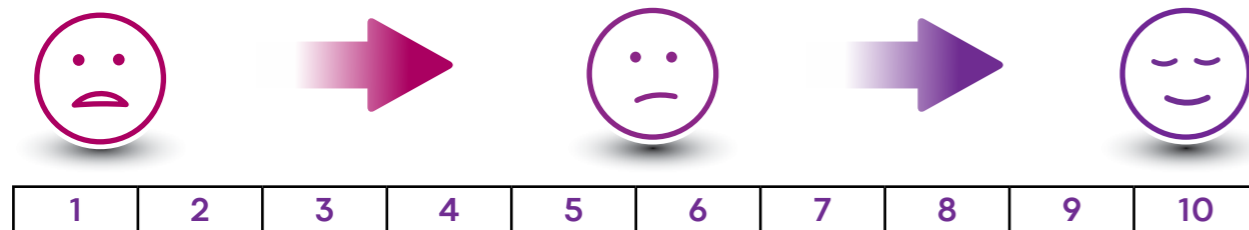
During module 7 we have covered the importance of understanding and addressing your emotions. Many of us aren't taught how crucial this is or how to do it. By working with your emotions, you can progress toward achieving your goals in this programme.

For this module's home practice, keep up with everything you have been doing so far.

Add in time to your day to observe and label your feelings and emotions, make sure to keep a record of this in your pacing diary.

**Before you go, how are you currently feeling about catheterising?**

Log your current rating of anxiety about catheterising by ticking a number.



The diagram illustrates an anxiety scale. It features three faces: a sad face on the left, a neutral face in the middle, and a happy face on the right. Two arrows point from the sad face to the neutral face, and from the neutral face to the happy face. Below the faces is a horizontal scale with 10 numbered boxes, from 1 to 10.

# Notes

Scan for additional resources and access to Convatec me+ Contenance Care support or visit [qr.convatec.com/cc-meplus](http://qr.convatec.com/cc-meplus)





# 8 Negative thoughts and your relationship with yourself

In this module, we'll be discussing negative thoughts and how they can affect your mood. We'll also be exploring setting some goals. Before we dive in, take a moment to reflect on your week and update your feelings log.

Before we get started, please fill in your pixel tracker from page 2.



## Thought traps

1. Should thoughts
2. Black and white thinking
3. Catastrophising thoughts
4. Overgeneralising
5. Predicating the future
6. Ignoring the positive
7. Mind-reading thoughts/Self-critical thoughts

For this exercise we will be learning about each type of thought trap.

Watch Kiera while completing this task, and after identifying each type of thought trap, rate how frequently you experience each one on a scale of not at all, sometimes, quite a bit, or very often by marking your rating with a cross in the box you most closely relate to.

### 1. Should thoughts

Should thoughts involve expectations of ourselves or others that often are not possible and can leave us feeling disappointed or upset.

Not at all      Sometimes      Quite a bit      Very often

### 2. Black and white thinking

Either things go perfectly and as we expect, or if they don't then it's not good enough.

Not at all      Sometimes      Quite a bit      Very often

### 3. Catastrophising thoughts

Jumping to conclusions about future events and assuming the worst possible outcome.

Not at all      Sometimes      Quite a bit      Very often

### 4. Overgeneralising

Treating one setback or negative situation as evidence for how things will always be.

Not at all      Sometimes      Quite a bit      Very often

### 5. Predicating the future

Making assumptions about something negative happening before it has even happened.

Not at all      Sometimes      Quite a bit      Very often

## 6. Ignoring the positive

Neglecting any positive outcome or progress that has occurred.

Not at all    Sometimes    Quite a bit    Very often

## 7. Mind-reading thoughts/Self-critical thoughts

Assumptions about what others are thinking about us and negative and unkind thoughts about ourselves.

Not at all    Sometimes    Quite a bit    Very often

## Balancing the thought scale

The goal of this exercise is to challenge negative thought patterns and develop a more balanced perspective. Instead of automatically accepting your thoughts as facts, ask yourself questions to explore their validity. Use this process to reframe your thinking and gain a clearer understanding of your situation.

After watching Sally's thought process use the space below to work through your own thoughts. Review your workbook, focusing on your pixel tracker, and any fears you've had about catheterisation, identify evidence for and against it. Finally, create a balanced, alternative thought.

1. I think

I believe this X%

%

2

The evidence for this is...

3

The evidence against this is...

4. Alternative thought might be

I believe this X%

%



# Let's reflect

During module 8 we have covered how to challenge thoughts that are unhelpful to us, different types of thought traps and the ways that we can balance the thought scale to work towards a more balanced view.

Before you go, how are you currently feeling about catheterising?  
Log your current rating of anxiety about catheterising by ticking a number.

Visual representation of a 10-point anxiety scale. It features three faces: a sad face at the start, a neutral face in the middle, and a happy face at the end. Two arrows point from the sad face to the neutral face, and from the neutral face to the happy face. Below the faces is a horizontal bar divided into 10 numbered boxes (1 to 10).

# Notes

Scan for additional resources and access to Convatec me+ Continence Care support or visit [qr.convatec.com/cc-meplus](http://qr.convatec.com/cc-meplus)



# 9 Building confidence in yourself

In this module, we'll be exploring how belief systems can intensify the impact of health challenges and increase concerns about others' opinions. This will help you understand your worries about catheterisation and guide you in aligning your beliefs with your goals.

Please fill in your pixel tracker from page 2.



## Strongly held beliefs

Please put a tick in the box next to the common strongly held beliefs you identify with.

If I start something I should finish it

I should always put lots of effort into the things I do

I need to earn relaxation or pleasure

I have to do something to earn kindness and/or respect

People cannot be trusted

Things will always go wrong

## Types of beliefs

After reading through the examples in the table on-screen for the types of beliefs please fill out your own example in the table below.

Type of belief	Description	Your belief
Negative automatic thoughts	Thoughts that are experience or situation specific. They can be more easily articulated	
Rule	The underlying idea about what actions or conduct is appropriate based on the deeper assumption	
Assumption	Beliefs about how you or others should behave or how the world should be and how things are related to each other	
Core belief	Deeper generalised beliefs about yourself, others, and the world	

## Your personal rules

After listening to Sula and looking at the example, write down your own rule or assumption that you would like to adjust, and fill in your answers to the questions in each box.

Rules I have...



1 Rule and/or assumption I would like to adjust...

---

2 What impact has this rule (and/or assumption) had on my life?

---

3 How do I know this rule is in operation?

---

4 Where did this rule (and/or assumption) come from?

---

5 In what ways is this rule (and/or assumption) unreasonable?

---

6 What are the advantages and disadvantages of this rule?

Advantages	Disadvantages

7 What is an alternative rule (and/or assumption) that is more balanced and flexible?

---

8 What can I do to put this rule (and/or assumption) into practice on a daily basis?

---



# Updating core beliefs

We're not trying to completely disprove our core beliefs; our aim is to adjust how broadly we apply these beliefs.

Reflect on your own core negative belief and your new balanced belief. Write your answers to each of the questions below.

1. Write down your negative core belief.

Rate how much you believe it (0-100%)

Now	When it's most convincing	When it's least convincing
<input style="width: 80px; height: 40px; border: 1px solid #ccc;" type="text" value="%"/>	<input style="width: 80px; height: 40px; border: 1px solid #ccc;" type="text" value="%"/>	<input style="width: 80px; height: 40px; border: 1px solid #ccc;" type="text" value="%"/>

2. Write a new balanced belief you'd like to adopt.

Rate how much you believe it (0-100%)

Now	When it's most convincing	When it's least convincing
<input style="width: 80px; height: 40px; border: 1px solid #ccc;" type="text" value="%"/>	<input style="width: 80px; height: 40px; border: 1px solid #ccc;" type="text" value="%"/>	<input style="width: 80px; height: 40px; border: 1px solid #ccc;" type="text" value="%"/>

3. Evidence for and against your old negative core belief.

Old negative core beliefs		
Evidence for		Evidence against

4. Write down the evidence for your new balanced core belief from the past/present and what to look for in the future.

New balanced core belief	
Evidence for the new balanced core belief from the past/present	What to look for in the future

Things I can do to support or gain more evidence for my new balanced core belief

5. Finally rate how much you believe both the old negative belief and the new balanced belief.

Rate how much you believe the following (0-100%)

Old negative core belief	New balanced core belief
<input style="width: 80px; height: 40px; border: 1px solid #ccc;" type="text" value="%"/>	<input style="width: 80px; height: 40px; border: 1px solid #ccc;" type="text" value="%"/>

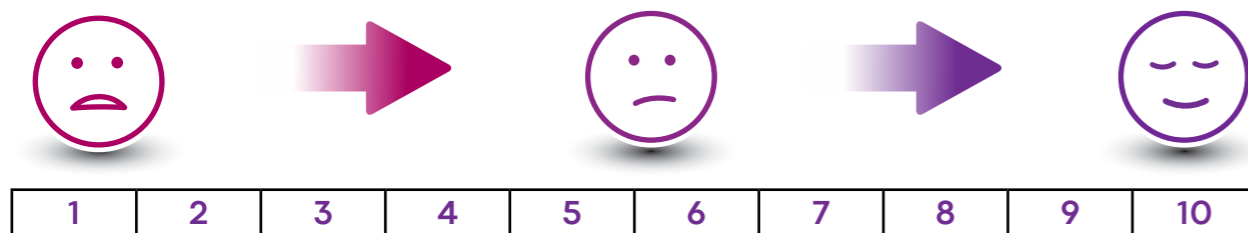


# Let's reflect

During module 9 we have covered how our beliefs can make health problems feel more overwhelming and increase our worries about what others think. By understanding these beliefs, you'll be better equipped to address your concerns about catheterisation and other health issues.

This has been a big module with a lot to think about, you may want to take 2-4 weeks to keep exploring using the workbook for reflection.

Before you go, how are you currently feeling about catheterising?  
Log your current rating of anxiety about catheterising by ticking a number.



The diagram shows a horizontal scale from 1 to 10. Above the scale are three faces: a sad face (1-4), a neutral face (5-6), and a happy face (7-10). Two arrows point from the sad face to the neutral face, and from the neutral face to the happy face.

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

# Notes

Scan for additional resources and access to Convatec me+ Contenance Care support or visit [qr.convatec.com/cc-meplus](http://qr.convatec.com/cc-meplus)



# 10

## Who are you now and where are you going?

You've reached the final module of the programme, but the journey doesn't end here. You've been exploring big things and making crucial shifts and changes. Just like any habit change, it requires ongoing effort and practice. Remember, there is no "back to square one." It's all about continuous learning and evolving.

In this module, we'll take time to reflect on the journey so far and create a plan to maintain the progress you've achieved.

Before we get started, please fill in your pixel tracker from page 2.



### Let's reflect

Use the space below to answer the questions and reflect on your progress this far.

1 What changes have you made since doing this programme?

2 What positive changes have you experienced as a result?

3 What has felt good?

4 What have you built confidence in?

5 What does this mean to your life?

6 What have the challenges been?

In the past 9 modules you've learnt a lot of new information and strategies. We'll recap these on screen.



Click through the modules on-screen to recap what you've learnt. Then think about your biggest takeaway and how you can apply these in the future.

Module	Your biggest takeaway	How can you use these strategies to help with the challenges you've identified above?
<b>1.</b> Getting familiar with catheterisation		
<b>2.</b> Common fears & reducing pain		
<b>3.</b> Enhancing life with catheterising		
<b>4.</b> Socialising & social context		
<b>5.</b> Movement & catheterising		
<b>6.</b> Intimacy		
<b>7.</b> Facing your feelings		
<b>8.</b> Negative thoughts & your relationship with yourself		
<b>9.</b> Building confidence in yourself		

## Let's review the values you identified at the beginning of the programme

In module 1, you identified specific values or directions and then rated out of 10 how important it was to you and how close you felt you were to it.

We are going to revisit this exercise. In the table below please fill in your answers from module 1 and re-rate how close you feel to it now after completing all the modules.

1	2	3
Valued area	Specific valued actions or directions (Write as many as you would like)	Importance / Current
Family	e.g., to be a present and caring family member	8 / 3
Social connection	e.g., to see my friends and have good conversations	
Professional/ Job/ Work	e.g., to get pride out of my work	

Where are you on your journey? continued...

Valued area	Specific valued actions or directions (Write as many as you would like)	Importance / Current
Personal growth	e.g., to feel open to new experiences	<input type="text"/> / <input type="text"/>
		<input type="text"/> / <input type="text"/>
Fun/Pleasure	e.g., to have some kind of fun every day	<input type="text"/> / <input type="text"/>
		<input type="text"/> / <input type="text"/>
Health/ Physical wellbeing	e.g., to take care of my body	<input type="text"/> / <input type="text"/>
		<input type="text"/> / <input type="text"/>
Spirituality/ Community/ Environment	e.g., to get out in nature regularly	<input type="text"/> / <input type="text"/>
		<input type="text"/> / <input type="text"/>

After filling in the table, please compare your current ratings with the answers you gave in module 1 and answer the questions below.

**In what areas have you become more aligned with your values?**

**Would you like to make any updates to the values you set out at the beginning?**



## Going forwards

Now let's set some goals for the future. Think about all the changes you've made so far, and get as specific as possible about the actions you want to continue or add to your routine. Focus on what aligns with your values and feels easier to do based on the progress you've made.

Fill in the table below with as many actions as you like.

Valued area	Specific valued actions or directions. Write as many as you would like	Day to day actions to meet these values
Family	e.g. To be a present and caring family member	e.g. to have a day out with kids to the park every week
Social connection	e.g. to see my friends and have good conversations	
Professional/ Job/Work	e.g. to get pride out of my work	
Personal growth	e.g. to feel open to new experiences	
Fun/Pleasure	e.g. to have some kind of fun every day	

Valued area	Specific valued actions or directions. Write as many as you would like	Day to day actions to meet these values
Health/ Physical wellbeing	e.g. to take care of my body	
Spirituality / Community/ Environment	e.g. to get out in nature regularly	

Use the space below to identify goals you may have. You can pick the time frame. Let's look at some examples first.

Time frame	Goal
In 3 months	I would like to be able to go for a staycation somewhere I've not been before without worrying about toilets.
In 1 year	I'd like to be having sex regularly (once a month at least) with my partner feeling confident and able to enjoy it.
In 6 months	I'd like to go to a restaurant and catheterise in a public toilet with confidence.

Time frame	Goal



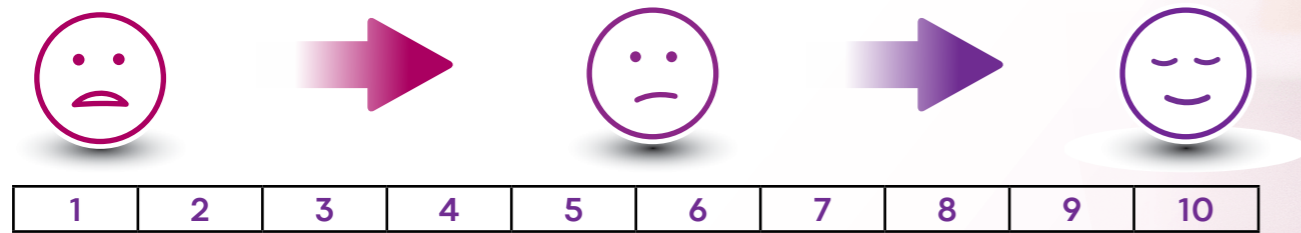
# This is not goodbye

Congratulations on completing the programme!

Feel free to revisit this programme for refreshers or use the materials from a different perspective. Think of it like a staircase, each step builds on your experiences. Even when things get tough, remember you're not starting over just continuing to climb.

**Before you go, how are you currently feeling about catheterising?**

Log your current rating of anxiety about catheterising by ticking a number.



Scan for additional resources and access to Convatec me+ Continence Care support or visit [qr.convatec.com/cc-meplus](https://qr.convatec.com/cc-meplus)







Guiding the way to confident living  
with intermittent catheterisation