I am able to do all the things I want to

I sleep well

I never feel tired

Symptoms don’t stop me doing or enjoying things

I am keeping active

I find it easy to relax

I do not have symptoms that bother me

I do not expect illness to cause pain in the future

There is a lot I can do to make myself better

There are many things I’m looking forward to

I appreciate things more than I did

My illness has helped free me from doing things

I have a much clearer idea now what is important in life

There are many people I feel closer to now

Something good has come out of my illness

I never feel lonely

I have enjoyed life so far

The doctors and nurses understand what I need from them

Every day there is something I enjoy

I can deal with the problems that face me

I am happy with the way I was told about my illness

My life is not disrupted by visits to the doctor

My illness has not cut me off from people

I worry a lot about how long or short my life will be

I am frightened of what dying will be like

I can’t take my mind off my illness

My illness has upset important plans

When I get sad it stops me doing things

Minor upsets bother me more now

I always feel frustrated

I am embarrassed about illness and treatment

Symptoms bother me every day

I always feel angry

I am worried that I’ll be a burden

I am a great burden to people

It feels unfair that I have this illness

Friends know just how to deal with me

On the whole life has treated me well

There is always someone I can talk to about how I feel

My friends and family give me all the support I want

My home/family life has been rewarding

I have many close friends

I am very satisfied with the amount of information I have about my illness

I have enough people to talk to about my illness